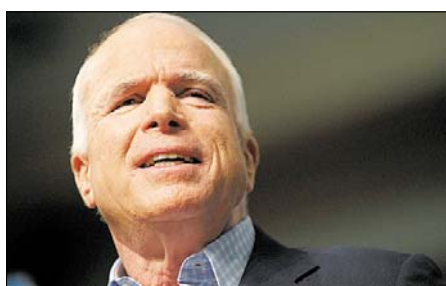


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Tuesday

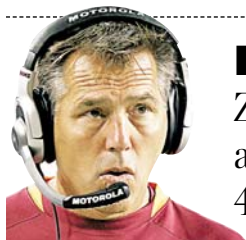


MANDEL NGAN/AP/GETTY IMAGES

The presidential race has grown more personal.

Low Road: Both campaigns step up character attacks | **3**

Speed Limiter: Ford plans parental controls for cars | **12**



Fast Start: Zorn humble after winning 4 straight | **13**

ENTERTAINMENT

Talking Points: *David*

Byrne is touring with fresh tunes. Plus, Ice Cube confronts violence in a new video.

>> 19-26



Dow in the Dumps

Worldwide woes drive industrials below 10,000 for first time since '04



RICHARD DREW/AP

Specialist Thomas Brown sits at his post at the New York Stock Exchange on Monday. Wall Street suffered through another traumatic session Monday, with the Dow Jones industrials plunging as much as 800 points.

NEW YORK | Wall Street joined in a worldwide cascade of despair Monday over the financial crisis, driving the Dow Jones industrials to their biggest loss ever during a trading day. Even a big afternoon rally failed to keep the Dow from its first close below 10,000 since 2004.

The sell-off came despite the \$700 billion U.S. government bailout package, which was signed into law Friday after two weeks in which traders had appeared to count on the rescue as their only hope to avoid a market meltdown.

At its worst point, the Dow was down more than 800 points, an intraday record. The stock market rallied during the final 90 minutes of the trading day, and the Dow finished down about 370 points.



Bush

The global plunge in stocks was under way well before Wall Street ever woke up. In Japan, the Nikkei average lost more than 4 percent. And then the losses spread across Europe — nearly 6 percent for the FTSE-100 in Britain, 7 percent for the German DAX and more than 9 percent for France's CAC-40.

In the United States, President Bush twice made unscheduled remarks on the economy, saying in Cincinnati that the economy would be "just fine" but that the bailout package needed time to work.

The sharp one-day tumbles the last two Mondays don't come close to the drops that became black marks on the timeline of Wall Street history. Black Monday, in October 1987, and stock drops that preceded the Great Depression were more than 20 percent. Monday's drop, by comparison, was less than 8 percent at its worst. (AP)



WHICH CANDIDATE IS STOOPING LOWER IN ATTACKING HIS OPPONENT'S CHARACTER? **A** MCCAIN **B** OBAMA



TUESDAY
66 / 49



WEDNESDAY
70 / 57



THURSDAY
75 / 60

TO CAST YOUR VOTE, VISIT EXPRESSNIGHTOUT.COM OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S POLL RESULTS, SEE PAGE 36

TODAY: A pleasant, mostly sunny day with temperatures in the 60s | **38**

eyeOpeners



COMPENSATION

Napoleon Should Have Gone This Route

The father of a measurement known as the "Smoot" returned Saturday to be honored at M.I.T. Oliver Smoot was the shortest pledge in the Lambda Chi Alpha fraternity in 1958 when its members decided to lay him on the Massachusetts Avenue Bridge. After discovering Smoot measured 5 feet 7, they marked the bridge in those increments, with Smoot getting up and down for each new measurement. They soon determined the bridge was 364.4 Smoots long. (AP)

HIERARCHY

First Comes Booze, Then Comes Nudity

There's no such thing as a free lunch anymore for Black Frog Restaurant patrons nervy enough to run down a dock and plunge naked into Moosehead Lake. Owner of the Greenville, Maine, eatery, Leigh Turner, decided last Thursday to stop giving out a free Skinny Dip sandwich — that's prime rib on a baguette — for a skinny dip after the town board voted to deny his liquor license renewal application. The board noted that it would have granted the license if the promotion ended for the sandwich. Thus, said Turner, dropping the deal was a no-brainer. "Au jus" wins out over "au naturel." (AP)



JOHN MACDOUGALL/AP/GETTY IMAGES

SPACE SAVED

Efficient Hygiene

German artists Franz Hoefner and Harry Sachs claim this monstrosity is "art" — a fountain made out of bathtubs and sinks. But we know better. Beware: These overly organized Europeans are probably plotting to launch a global campaign for communal bathing to save space! This is where it starts — next thing you know, they're making a "fountain" out of toilets. (EXPRESS)

LOL!

K Bai Krayzee Ldy

A Glenwood Springs, Colo., animal shelter was trying to find homes for 86 cats rescued from a two-bedroom

condo. The Colorado Animal Rescue Shelter received the cats last week. Since then, workers have been scrambling to accommodate the animals. Executive director Leslie Rockey said many appear to be healthy but in need

of a bath. Garfield County sheriff's spokeswoman Tanny McGinnis said the cats were strays taken in by a woman who called for help, saying she couldn't take care of the cats while moving from her Battlement Mesa condo. (AP)

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CASE CLOTHED: There's a bra bandit on the loose in southwest Florida. The Lee County Sheriff's Office is searching for an individual it says stole 160 bras valued at nearly \$6,000 on Thursday from a Victoria's Secret store, the latest in a string of bra thefts in the area.

Nation

In Brief



Police say eight people died after this bus rolled into a ditch in Williams, Calif.

WILLIAMS, CALIF.

Driver in Bus Crash That Killed 8 Faces DUI Charges

The driver of a casino-bound charter bus that crashed and killed eight people is in critical condition and faces charges of driving under the influence, the California Highway Patrol said Monday. Quintin Watts, 52, of Stockton was arrested on suspicion of driving under the influence. Authorities were investigating whether prescription or nonprescription drugs, or alcohol, were involved in Sunday's crash. They said it could be a combination. (AP)

SAN FRANCISCO

'Bride' and 'Groom' Back on Calif. Marriage Application

California health officials say the words "bride" and "groom" will reappear on marriage license applications starting next month. When same-sex marriage became legal in the state on June 16, new marriage forms were issued with "Party A" and "Party B" where "bride" and "groom" used to be. (AP)



ON THE ATTACK: The presidential race between Sen. John McCain and Sen. Barack Obama is becoming increasingly bitter.

Back to Politics as Usual

Candidates question each other's character as race turns negative

ASHEVILLE, N.C. | The two men who supposedly exemplified a different kind of politics are engaged in an increasingly bitter campaign as character attacks are emerging to compete with issues like the troubled economy.

With the election four weeks away, chances dimmed that Republican John McCain and Democrat Barack Obama could reclaim the often lofty images they cultivated

early in their presidential bids as their campaigns focused new attention Monday on decades-old events involving a former radical from Chicago and a convicted thrift owner from Arizona.

McCain's campaign added another figure, when his running mate, Sarah Palin, said there should be more discussion of Obama's former pastor, Jeremiah Wright.

Obama and McCain faced cameras Monday with harsh words for each other. Obama, taking a break from debate prep in Asheville, N.C., accused McCain's campaign of "smear tactics."



ALEX BRANDON/AP

In Albuquerque, N.M., McCain delivered an unusually scathing broadside. He accused Obama of lying about McCain's efforts to regulate the home loan industry. And he suggested Obama is a mysterious figure who cannot be trusted.

"Who is the real Barack Obama?" McCain said to a cheering crowd. "Ask such questions and all you get in response is another barrage of angry insults."

Obama and McCain have hit each other at personal levels before. But the vitriol increased dramatically Saturday, when Palin repeatedly raised Obama's relationship with former 1960s radical Bill Ayers. Obama, she said, was "palling around with terrorists."

A 13-minute Web video released by Obama's campaign Monday revisits McCain's ties to Charles Keating, a former friend, campaign contributor, and savings and loan owner who was convicted of securities fraud in 1991.

As a senator, he participated in two meetings with banking regulators on Keating's behalf. He became one of the "Keating Five" senators investigated by the Senate ethics committee. The panel cited McCain for a lesser role than others, but it criticized his "poor judgment."

The new sniping in the presidential race may depress many Americans, but a top pollster in the battleground state of Pennsylvania said it's unlikely to change many minds. Terry Madonna, a political scientist at Franklin and Marshall College, said, "The economy is so dominant and the change focus so great, I just don't think voters are going to buy into it." CHARLES BABINGTON (AP)

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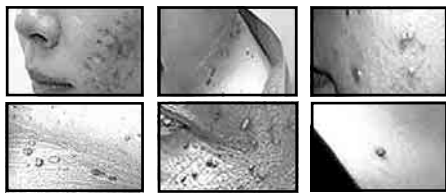
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Nation

1,500

The total weight, in pounds, of a pumpkin awarded the top prize in an annual contest in Elk Grove, Calif., beating the state record by 1 pound.

Utility Cutoffs Up Sharply

Residents in dozens of states falling behind on electricity, gas bills

COHOES, N.Y. | The number of Americans whose electricity or gas has been shut off for nonpayment of their bills is up sharply in many parts of the country as people struggle to cope with higher prices and a shaky economy.

Shut-offs have been running 17 percent higher than last year among customers of New York state's major utilities, and 22 percent higher in economically hard-hit Michigan. They are up in all or part of dozens of other states, including Pennsylvania, Florida and California, according to an Associated Press check of regulators and energy companies.

Despite stepped-up efforts by state and federal governments, utilities and private groups to help people avoid shutoffs this winter, some worry the problem will only



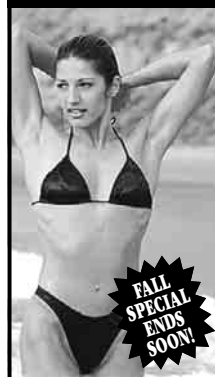
Marie Williams, right, helps her daughter Richelle with homework at home in Cohoes, N.Y. The power to Williams' house was cut off this summer for about one week.

get worse in the coming months, particularly with the downturn on Wall Street.

"I just didn't have the money to pay," said Marie Williams, a single mother raising four daughters in Cohoes, N.Y., a former mill city on the Hudson River. "Rent had to be paid, and food for the girls."

Williams' power was cut off this summer for about a week, forcing her girls to do homework by candlelight. She became one of more than 230,000 residential customers of New York's 10 major utilities to have their service shut off for non-payment through August of this year. MICHAEL HILL (AP)=

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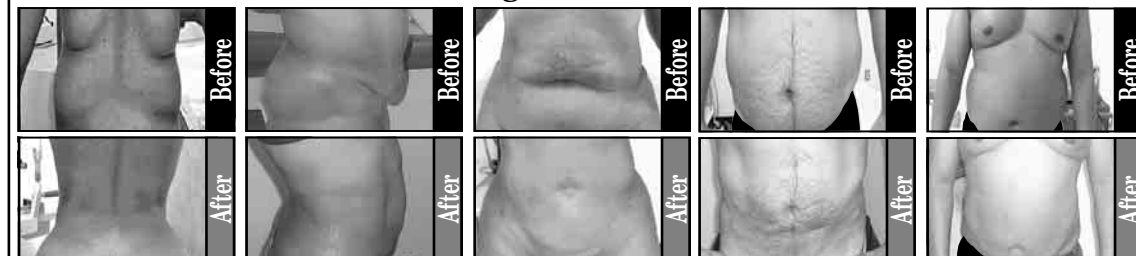
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The number of cats rescued from a two-bedroom condominium in Glenwood Springs, Colo., last week. The local animal shelter is working to find homes for the animals, and no charges are being filed against the woman who owned the condo.

Nation

Lehman CEO Grilled on Capitol Hill

Bank was considering huge bonuses just days before it went under

WASHINGTON | The now-bankrupt investment bank Lehman Brothers arranged millions in bonuses for fired executives as it pleaded for a federal lifeline, lawmakers learned Monday, as Congress began investigating what went so wrong on Wall Street to prompt a \$700 billion government bailout.

The first in a series of congressional hearings on the roots of the financial meltdown yielded few major revelations about Lehman's collapse. But it allowed lawmakers still smarting from a politically painful vote Friday for the bailout bill to put a face on their outrage at corporate chieftains.



Lehman Brothers Chief Executive Richard S. Fuld Jr. testified on Capitol Hill Monday before a House committee that is investigating the Wall Street meltdown.

That face was Richard S. Fuld Jr., the Lehman chief executive who sat for a two-hour-plus grilling before the House Oversight and

Government Reform Committee as the panel combed through his pay history, management practices and financial strategies.

“This is a pain that will stay with me for the rest of my life.”

RICHARD FULD, LEHMAN BROS. CEO

“You made all this money by taking risks with other people's money,” Rep. Henry Waxman, D-Calif., the panel's chairman, said. “The system worked for you, but it didn't seem to work for the rest of the country.”

A subdued Fuld opened his testimony declaring, “I take full responsibility for the decisions that I made and for the actions that I took,” but he conceded no errors or misjudgments in the chaotic period that led to the firm's bankruptcy.

The panel unearthed internal documents showing that on Sept. 11, Lehman planned to approve “special payments” worth \$18.2 million for two executives who were terminated involuntarily, and another \$5 million for one who was leaving on his own. That was just four days before the government let Lehman go under, touching off a cascading series of financial shocks.

Fuld said Lehman did everything it could to limit its risks and save itself. It failed, he said, because of a “crisis in confidence” on Wall Street, market manipulation in which investors preyed on distressed financial players by betting on their demise, and would-be buyers who waited for the government to step in to help fund a sale.

Fuld said he is haunted nightly wondering what he might have done to avert Lehman's bankruptcy.

“This is a pain that will stay with me for the rest of my life,” he said.

JULIE HIRSCHFELD DAVIS (AP)

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Nation

Treasury Takes Swift Action on Bailout Plan

Former banking exec named interim chief of \$700 billion rescue

WASHINGTON | The Treasury Department moved swiftly Monday to implement the U.S. financial rescue package, naming a former Goldman Sachs executive to oversee spending the \$700 billion earmarked for the plan and pledging to work with other countries to calm global financial markets.

The administration announced it had tapped Neel Kashkari, 35 — an assistant Treasury secretary for international affairs — to head the Treasury's new Office of Financial Stability on an interim basis.

Kashkari helped draft the leg-

islation as one of Treasury Secretary Henry Paulson's close advisers on the crisis.



Kashkari

Kashkari joined the government after working at Goldman Sachs, the firm Paulson headed before joining the Bush administration.

The President's Working Group on Financial Markets, which includes Paulson and Federal Reserve Chairman Ben Bernanke, said it would move "with substantial force on a number of fronts" to implement the expanded authorities granted to the government when Congress passed the emergency rescue package last Friday. (AP)

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AND YOU THOUGHT LANCE ARMSTRONG WAS TOUGH: Austrian authorities say a 108-year-old cyclist was hit by a car Monday while biking in the crosswalk of a bustling street in Vienna — and she suffered only a few bruises.

World

In Brief



Rescuers treat a man who was hurt in a suicide bombing in Sri Lanka Monday.

COLOMBO, SRI LANKA **Suicide Bomber Targets Opposition Office, Kills 27**

A suicide bomber who hugged a former army general before detonating his explosive-laden vest killed 27 people gathered in a crowded opposition party office in northern Sri Lanka on Monday. The attack by a suspected rebel came as government troops, in the midst of an offensive against the Tamil Tigers de facto state in the north, closed in on the rebels' administrative capital of Kilinochchi, military spokesman Brig. Udaya Nanayakkara said. The blast killed retired Maj. Gen. Janaka Perera, his wife and 25 others. (AP)

MOGADISHU, SOMALIA **Mortar Rounds Kill 17 People At Market in Somali Capital**

Mortar rounds slammed into a market in Somalia's capital on Monday, killing at least 17 people, after a failed insurgent attack on the presidential palace. Also Monday, a remote-controlled land mine killed a Somali driver and wounded two aid workers about 60 miles southwest of Mogadishu. The aid workers' injuries were not critical, Dr. Abdi Rahman said. (AP)

GAZA CITY, GAZA STRIP **Hamas Legislators Approve End of Abbas' Term in Jan.**

Hamas will cease to recognize Mahmoud Abbas as Palestinian president after Jan. 8 and replace him with one of its own leaders, according to a resolution approved by the Islamic movement's legislators Monday. The Hamas resolution demands that Abbas issue a decree by Wednesday to hold new presidential elections within three months, to coincide with what Hamas says is the end of his term. (AP)

China Vows Dairy Industry Overhaul

Government says it will punish those involved in tainted milk scandal

BEIJING | China's Cabinet vowed a complete overhaul of the scandal-ridden dairy industry Monday, pledging to inspect every link from the farm to the dinner table to try to restore public trust in Chinese-made food products.

In its strongest action yet, China's highest level of government called the industry "chaotic" and acknowledged there was a lack of oversight.

At Monday's meeting of the State Council, or Cabinet, the government said it would punish companies and officials involved in the contamination of milk products that has been blamed in the deaths of four babies and for sickening more than 54,000 children.

The scandal revealed "that China's dairy production and circulation has been chaotic and supervision has been gravely absent," said a notice on the government's Web site. Unscrupulous "elements" and companies had also put profit above people's lives, it said.



Chinese scientists test samples of milk products in Beijing, China, on Saturday.

Police detained six more people suspected of tampering with milk in northern China, a spokeswoman said.

Monday's meeting, chaired by Premier Wen Jiabao, was the latest attempt by China to show it is tackling the contamination of milk and other dairy products with melamine, an industrial chemical used in making plastics and fertilizers. GILLIAN WONG AND HENRY SANDERSON (AP)

Scandal hits new low for China: Myanmar's junta — which relies on trade with China — urges citizens to avoid Chinese dairy. | Today's Post, A Section



A truck is covered in bricks, left, as rescuers assist an injured person, right, after an earthquake in Nura, Kyrgyzstan, Monday.

Quake Destroys Kyrgyzstan Village

6.6-magnitude temblor kills at least 72 people, injures more than 100

BISHKEK, KYRGYZSTAN | A powerful earthquake struck the mountains of Central Asia, destroying a village in Kyrgyzstan and killing at least 72 people, emergency officials said Monday.

The 6.6-magnitude quake near the border between Kyrgyzstan and Tajikistan hit the remote village of Nura hard, bringing down

dozens of buildings and injuring more than 100 people in addition to the confirmed deaths, Emergency Situations Minister Kamchybek Tashiyev said.

"What we've seen is terrible. The village of Nura is completely destroyed — 100 percent," Tashiyev said. "There are many injured and we've counted 60 dead so far, all of them local residents."

Later Monday, Health Ministry spokeswoman Yelena Bayalynova said the death toll was 72.

There were no immediate

reports of damage or casualties elsewhere.

Tashiyev said a helicopter was ferrying the most seriously injured to hospitals in the nearest sizable city, the southern regional center of Osh, more than 60 miles away. The emergency minister said the helicopters would return to collect more of the injured.

Russian President Dmitry Medvedev ordered Russian Emergency Situations Ministry to help Kyrgyzstan respond to the quake.

LEILA SARALAYEVA (AP)

Bombing Kills 15 in Pakistan

Suicide attacker targets opposition legislator's house, injuring 50

ISLAMABAD, PAKISTAN | A suicide bomber attacked a lawmaker's house in eastern Pakistan on Monday, killing at least 15 people and wounding more than 50, officials said.

The blast was the latest in a string of bombings against government, military and Western targets in Pakistan, an important ally in the U.S. war on terror.

The bomber targeted the home of legislator Rasheed Akbar Niwani, who belongs to the main opposition party in the federal government.

Police officer Khan Baig said at least 15 people were killed and more than 50 others injured. It was not immediately clear whether Niwani was among them or why he was targeted.

Punjab, Pakistan's most prosperous province, has largely been spared the militant-led violence that has gripped the nation's northwest.

Also Monday, Pakistan ordered the deportation of about 50,000 Afghan refugees in an insurgency-wracked tribal region amid a major military offensive against al-Qaeda and Taliban fighters. SIF SHAHZAD (AP)

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Registration begins 30 minutes before workshop.

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9 a.m.
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Registration begins 30 minutes before workshop.

TUESDAY
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GR8 PLATES: Beijing began issuing vanity plates on Monday after a six-year hiatus sparked by rude, crude and politically incorrect messages. One man reportedly waited three days to obtain the plate number "NV8888," which is seen as an auspicious pick because the number eight rhymes with the Chinese word for "prosper."

World

Europeans Win Nobel for Medicine

3 scientists recognized for contributions in AIDS, cancer research

STOCKHOLM, SWEDEN | Three European scientists shared the 2008 Nobel Prize in medicine on Monday for separate discoveries of viruses that cause AIDS and cervical cancer, breakthroughs that helped doctors fight the deadly diseases.

French researchers Francoise Barre-Sinoussi and Luc Montagnier were cited for their discovery of human immunodeficiency virus, or HIV, in 1983.

They shared the award with Germany's Harald zur Hausen, who was honored for finding human papilloma viruses that cause cervical cancer, the second most common cancer among women.



The 2008 Nobel Prize winners in medicine are, from left, French scientists Luc Montagnier and Francoise Barre-Sinoussi, and German scientist Harald zur Hausen.

U.S. researcher Dr. Robert Gallo was locked in a dispute with Montagnier in the 1980s over the relative importance of their roles in groundbreaking research into HIV and its role in AIDS. Gallo told The Associated Press that he was disappointed at not being included in the prize.

Montagnier told the AP in Abidjan, Ivory Coast, where he is attending an AIDS conference, that he was still optimistic about conquering the disease.

The prize, he said, "encourages us all to keep going until we reach the goal at the end of this effort."

Montagnier said he wished the

prize had also gone to Gallo.

"It is certain that he deserved this as much as us two," he said.

Zur Hausen, a German medical doctor and scientist, received half of the \$1.4 million prize, while the French researchers shared the other half.

Zur Hausen discovered two high-risk types of the HPV virus and made them available to the scientific community, ultimately leading to the development of vaccines protecting against infection.

The U.S. Food and Drug Administration approved the vaccine Gardasil in 2006 for the prevention of cervical cancer in girls and women ages 9 to 26. The vaccine protects against strains of the human papillomavirus, or HPV — including the two that zur Hausen discovered.

KARL RITTER AND MATT MOORE (AP)

LONDON | HIGH ART



JUST HANGING OUT: A woman walks underneath "Chinese Offspring," an installation by artist Zhang Dali, at London's new Saatchi Gallery, on Monday. The free contemporary art museum opens later this week.

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World



"Now, with the collapse of big banks, we see that money disappears, is nothing and all these things that appear real are in fact of secondary importance."

—Pope Benedict XVI, at a meeting of bishops at the Vatican on Monday.

Report: Future Bleak for Mammals

5-year survey finds
1 in 4 species is facing
threat of extinction

Conservationists have taken the first detailed look at the world's mammals in more than a decade, and the news isn't good.

"Our results paint a bleak picture of the global status of mammals worldwide," concluded the team led by Jan Schipper of the International Union for the Conservation of Nature in Gland, Switzerland.

"We estimate that one in four species is threatened with extinction and that the population of one in two is declining," the researchers said in a report to be published Friday in the journal *Science*. The findings were released Monday at the IUCN meeting in Barcelona, Spain.

"I think the bottom line is, what kind of a world do you want to leave for your children," Andrew Smith, a professor in the Arizona State University School of Life Sciences, said



Yellow-tailed woolly monkeys look for food in Amazonas, Peru, in July. Conservationists reported Monday that one in four mammals is threatened with extinction.

in a telephone interview.

"How impoverished we would be if we lost 25 percent of the world's mammals," said Smith, one of more than 100 co-authors of the report.

The IUCN describes itself as the world's oldest and largest global environmental network. It is made up of more than 1,000 government

and nongovernment organizations and almost 11,000 volunteer scientists in more than 160 countries.

The research for the report took five years and involved more than 1,700 scientists around the world.

While the new report estimated that one in four mammals is threatened with extinction, the actual

ANIMAL KINGDOM CRISIS

→ Among the mammals particularly in danger of extinction are primates, used for bush meat in parts of Africa and facing major loss of habitat in Southeast Asia, according to the IUCN report.

→ The report also notes unusually high threats to tapirs, hippos, bears, pigs and hogs.

→ Among the less threatened mammals are moles, opossums and free-tailed bats. (AP)

numbers listed were 1,141 out of 5,487 species. That comes out to 20.8 percent — closer to one in five.

However, the researchers noted that there were several hundred species about which they don't have enough data to classify. They believe the lack of information about those animals indicates that they exist in such small numbers that many could be endangered.

RANDOLPH E. SCHMID (AP)



A woman carries a baby past collapsed houses in China's Tibet region Monday.

2 Earthquakes Kill 30 in Tibet

BEIJING | Two earthquakes jolted the capital of Tibet and surrounding areas Monday, killing more than 30 people and collapsing hundreds of houses, China's state news agency said.

The U.S. Geological Survey said the first quake measured magnitude 6.6 and struck at 4:30 p.m. 50 miles west of Lhasa. The second temblor, measuring magnitude 5.1, hit about 15 minutes later, about 60 miles west of the Tibetan capital.

Thirty people died in Gedar township near the epicenter in Dangxiong County. (AP)

Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must be between the ages of 18-50.

Financial compensation will be provided for participation.

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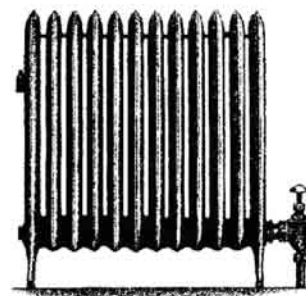
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02-M-0003

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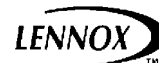
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Local

New Voters Register in Va.

Residents pour into Board of Elections to beat the deadline

RICHMOND, VA. | The numbers in the corners of the Express Mail envelopes told the tale: \$16.50, \$14.65, \$12.60 — the price some Virginians would pay to make sure their voter registration forms made it in before Monday's deadline to register to vote in the November election.

More than 306,000 new voters already have registered in Virginia this year, and local registrars and state elections officials spent Monday taking in thousands more through the mail and in person.

They came in flip-flops and in three-piece suits to the State Board of Elections office in Richmond, carrying backpacks, briefcases or expensive handbags.

While some, like 18-year-old Sneha Kondragunta and 19-year-old Toshie Ahluwalia, were there to register for the first time, others



Tina Edmonds, a compliance specialist for the State Board of Elections, right, looks over a voter registration form from Kristol Cleaton, left, in Richmond, Va., Monday.

simply wanted to make sure their voter information was correct so there would be no problems when they went to the polls on Nov. 4.

Of the new voters already registered, 42 percent were under the

age of 25. Final registration numbers won't be available until next week, elections board secretary Nancy Rodrigues said. Mailed registrations had to be postmarked by Monday. DENA POTTER (AP)

Traffic Begets More Traffic in Region

WASHINGTON | Congestion in the Washington region is growing worse, and one reason is that businesses, school systems and Metro are forced to use more vehicles to accomplish the same jobs.

Cox Communications has to use 20 percent more trucks in the area to serve the same number of customers as in other regions. The Metro transit agency adds an average of 10 buses a year just to maintain the same rush-hour service.

Fairfax County public schools adds 20 to 30 buses a year — even when enrollment is flat — because of increased travel times. Officials say routes that used to take 30 minutes now take 50 minutes.

The additional vehicles on the road only make congestion and pollution worse. They also cost businesses and taxpayers money.

“This is the perfect illustration of the cost of congestion.”

RONALD KIRBY, TRANSPORTATION DIRECTOR, METROPOLITAN WASHINGTON COUNCIL OF GOVERNMENTS

“This is the perfect illustration of the cost of congestion,” said Ronald F. Kirby, transportation director for the Metropolitan Washington

Council of Governments. “And those costs are passed on to customers and taxpayers.”

In terms of time spent on the road, Washington workers have the second-worst commutes in the nation after New York, according to census data.

Congestion forced Virginia-based Guernsey Office Products to build a \$5 million warehouse in Maryland because it was becoming impossible to cross the Potomac River during the workday and meet delivery deadlines.

“We were in danger of not keeping promises to customers,” owner David Guernsey said. “That’s a place you don’t go in a business.” (AP)

The Lotteries

Monday, Oct. 6

DISTRICT

Mid-day Lucky Numbers **1-1-2**
Mid-day DC 4 **8-9-7-6**

MARYLAND

Mid-day Pick 3 **2-9-6**
Mid-day Pick 4 **9-5-6-5**

VIRGINIA

Mid-day Pick 3 **6-7-5**
Evening Pick 3 (Sun.) **8-7-5**

Mid-day Pick 4 **8-8-6-6**
Evening Pick 4 (Sun.) **2-6-1-9**
Mid-day Cash 5 **2-10-13-15-25**
Evening Cash 5 (Sun.) **3-14-25-31-33**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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Money

131

The average time, in seconds, it takes to make a trip through the drive-thru at a Wendy's restaurant, the least amount of time for any fast-food chain in the country, according to a survey of the industry conducted by Insula Research.

Ford Keeps Teens in the Slow Lane

'MyKey' system can limit a vehicle's speed, audio system volume

DETROIT | So, you think Junior is a little too lead-footed when he drives the family car? Starting next year, Ford Motor Co. will give you the power to do something about it.

The company will roll out a new feature on many 2010 models that can limit teen drivers to 80 mph, using a computer chip in the key.

Parents also have the option of programming the teen's key to limit the audio system's volume, and to sound continuous alerts if the driver doesn't wear a seat belt.

"Our message to parents is, 'Hey, we are providing you some conditions to give your new drivers that may allow you to feel a little more



Starting next year, Ford Motor Co. will introduce a new feature, controlled by a computer chip in the car key, that lets parents to limit the speed their teens drive.

comfortable in giving them the car more often," said Jim Buczkowski, Ford's director of electronic and electrical systems engineering.

The feature, called "MyKey," will be standard on an unspecified number of Ford models when the 2010 cars and trucks come out

late next summer. The feature will spread to the entire Ford, Lincoln and Mercury lineup as models are updated, spokesman Wes Sherwood said.

Ford arrived at the 80 mph limit — even though freeway speed limits are lower in most states — because it wanted to leave a margin in case an unusual situation arises, Buczkowski said.

"Just lopping it off at exactly 70 mph was felt to be too limiting," Buczkowski said.

In addition to speed limits, MyKey also will limit the volume of the audio system, and it will sound a six-second chime every minute if seat belts are not fastened. Parents also have the option of having the car sound a chime if the teen exceeds 45, 55 or 65 mph.

TOM KRISHER (AP)

EBay Announces Biggest Job Cut In Site's History

NEW YORK | After a series of changes designed to draw more people to its online marketplace, eBay Inc.'s latest move is aimed at its own employees.



Donahoe

The auction site operator said Monday it will cut about 1,600 jobs, or 10 percent of its work force, in its largest round of dismissals ever.

About 1,000 full-time employees will be laid off, and eBay will achieve the rest of the cuts by letting temporary and part-time workers go and by leaving open positions unfilled. EBay Chief Executive John Donahoe said the cuts were not a reaction to the weak economy. (AP)

What Does Depression Look Like?

Are you Depressed? If so, you may want to participate in a National Institute of Mental Health (NIMH) research study to see the changes in brain chemistry that may cause depression. Participants will be given anti-depressant medication between two PET scans, separated by several weeks. The study is conducted at the NIH Clinical Center in Bethesda, MD.

Participants Should:

- Be currently depressed
- Not have any serious medical conditions
- Be 18 to 55 years old
- Have never had any head trauma
- Currently not be on any psychiatric medications

**Transportation reimbursement provided.
Compensation is provided for participation.**

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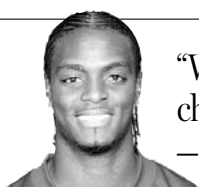
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"Why would there be any hard feelings? It was a decision that they chose to make, and I was fine with it."

—New York Giants WR Plaxico Burress, speaking of his two-week suspension, according to ESPN.

Sports

In Brief

COLLEGE FOOTBALL

UVa. Players Acquitted of Misdemeanor Charges

Two University of Virginia football players have been cleared of charges that they stole beer from a Charlottesville nightclub. Will Barker, a 21-year-old junior, and freshman walk-on Dave Roberts were found not guilty Monday of misdemeanor petit larceny charges stemming from their July arrest at the after-hours nightclub Club 216. Roberts pleaded guilty to using a fake ID, for which he paid a \$100 fine, and for underage possession of alcohol. (AP)



Anquan Boldin, No. 81, was injured last week playing against the New York Jets.

NFL

Jets' Smith Appealing for Flagrant Illegal Hit on Boldin

New York Jets safety Eric Smith has appealed his one-game suspension and \$50,000 fine by the NFL for his helmet-to-helmet hit last week on Arizona receiver Anquan Boldin. The league suspended Smith last Monday for committing a flagrant violation of player safety rules in New York's 56-35 win Sept. 28. The NFL said Boldin was in a defenseless position when contact was made. (AP)

NASCAR

Hamlin Out of Hospital After Talladega Speedway Crash

Denny Hamlin was released from a hospital Monday, a day after a tire failure led to a hard crash at Talladega Superspeedway. Hamlin was kept overnight for observation at a Birmingham hospital after his car slammed into a wall. He was alert and awake when he was transported to the UAB Medical Center on Sunday, but was complaining of a headache and possibly had a concussion. (AP)

Zorn: Be Confident, Not Cocky

Redskins head coach keeps team grounded after 4-game win streak

REDSKINS | Riding a four-game winning streak few would have predicted, Washington Redskins coach Jim Zorn on Monday gave his first news conference as a heavy favorite.

A favorite three times over, in fact. Having mastered the tough waters of NFC East opponents Dallas and Philadelphia on the road, the Redskins (4-1) should have smooth sailing all the way to 7-1 with upcoming games against St. Louis (0-4), Cleveland (1-3) and Detroit (0-4). Right?

"That's probably the scariest thing out there for me. I'm not going to dance the jig because of that," said Zorn. "I'm going to try to work hard and get a good plan."

Zorn's newest challenge as a



Redskins head coach Jim Zorn, right, warned Monday that the team's biggest challenge will be going from being the hunter to the hunted, after a four-game win streak.

first-time head coach will be to keep his players confident, not cocky, even as they go from being

the hunter to the hunted. Certainly, no one's complaining about that predicament.

Caps Make Final Training Camp Cuts

Team submits opening night roster with one fewer than maximum

CAPITALS | The Washington Capitals made their final training camp cuts Monday, demoting left wing Chris Bourque and defenseman Karl Alzner to the minor leagues while waiving veteran left wing Quiting Laing.

The moves came well ahead of Wednesday's 3 p.m. deadline for submitting opening night rosters to the NHL and leaves the Capitals with 22 players, one fewer than the league maximum. Bourque and Alzner were assigned to Hershey, Pa., of the American Hockey League; Laing will join them if he clears waivers.

Bourque, 22, finished had three goals and three assists in six exhibition games, but the son of Hall of Fame defenseman Ray Bourque was unable to crack a Capitals' lineup that's as deep as it's been since prior to the lockout. That Bourque was the only remaining forward



Left winger Chris Bourque, center, along with defensemen Karl Alzner and veteran left wing Quiting Laing were assigned to the Hershey Bears of the AHL Monday.

who did not have to clear waivers made the decision easier.

Alzner, meanwhile, also left an impression with a solid, if not spectacular, performance in camp. His demotion likely had as much to do with the team's close proximity to the salary cap ceiling of \$56.7 million as his need for some additional professional experience before making the considerable leap from

juniors to the NHL.

Laing, 29, became a fan favorite and locker room favorite, but there simply was no room on the roster considering the team's improved lineup.

General Manager George McPhee said through a team spokesman that he will comment on the moves Tuesday. (THE WASHINGTON POST)

Gallardo to Miss Rest of Season With Knee Injury

UNITED | D.C. United playmaker Marcelo Gallardo will miss the remainder of the MLS season with a knee injury, ending a disappointing year for the first international star acquired by the club under the league's designated player rule.



Gallardo

An MRI exam revealed that Gallardo suffered a Grade 2 sprain of an medial collateral ligament in a knee, an injury that typically sidelines a player for six to eight weeks. United (10-14-3) has three games left in the regular season and is struggling to reach the playoffs.

Gallardo, 32, was injured during Saturday's 3-0 loss to Chivas USA, his first appearance since recovering from a strained adductor muscle that sidelined him for almost a month.

STEVEN GOFF (THE WASHINGTON POST)

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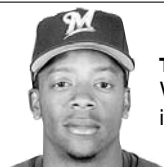
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Sports



TOUGH OFF-SEASON: Brewers second baseman Rickie Weeks underwent surgery Monday to repair a cartilage tear in his left knee and is expected to be ready for spring training.

Phils Finally Back in NLCS

After 15 years, team faces familiar playoff foe for NL pennant

BASEBALL | These Philadelphia Phillies lack a cool nickname, like the "Whiz Kids," the "Fightin' Phils" or even the "Broad Street Bellies."

It might be the only thing they're missing.

The Phillies are headed to their first NL championship series since 1993, thanks to another dazzling pitching performance, plenty of offensive power and a 6-2 victory over the Milwaukee Brewers. And who's waiting? None other than their old foe, the Los Angeles Dodgers.

"I don't see no reason in the world why we can't stay right with them," Phillies manager Charlie Manuel said. "I like our chances. I think we can hold our own with them. Actually, I think we can beat anybody in the National League, really."



The Phillies' Carlos Ruiz, left, and teammate Chase Utley celebrate after defeating the Milwaukee Brewers 6-2 on Sunday to advance to the NL Championship Series.

Game 1 of the NLCS is Thursday in Philadelphia.

The Phillies have played for the NL pennant six times before, facing Los Angeles in three of those series. Los Angeles won in 1977 and '78, while the Phillies took the flag in 1983.

"We're going to have our work cut out for us," Phillies closer Brad Lidge said. "They have a great team. Right now, they're playing great. When a team like the Dodgers gets hot, they've got a lot of people who can do some damage."

NANCY ARMOUR (AP)



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Sports



Dodgers teammates celebrate after defeating the Cubs 3-1 Saturday in L.A.

Dodgers' Faith Is Revived

Late-August sweep in Philadelphia did not dash playoff chances

BASEBALL | For the first two games of the National League Championship Series, the Los Angeles Dodgers will head back to Philadelphia, the site of a four-game sweep in late August that started a season-long eight-game losing streak for the Dodgers.

But memories of Philadelphia don't necessarily elicit negative emotions for the Dodgers, who were outscored 27-5 by the Phillies in that series. Because of the beatings they absorbed, the players say they found out how much Manager Joe Torre believed in them. The Dodgers were outplayed by such a wide margin in Philadelphia that Torre called a team meeting. "You're going to win the division," Torre told them.

"Where is this faith coming from?" pitcher Derek Lowe said he recalled thinking at the time.

But, Lowe added, "It was important to have our leader feel that way." They passed the Arizona Diamondbacks in the NL West, won the division, swept the Chicago Cubs to win their first playoff series in 20 years and punched their ticket to the NLCS, which opens Thursday at Citizens Bank Park. Their faith in themselves will be tested again.

DYLAN HERNANDEZ (LOS ANGELES TIMES)

❖ **Late game:** Monday's ALCS games ended after Express' deadline. For results, go to washingtontimes.com.

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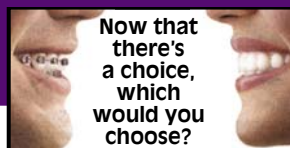
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RANKED: Ball State University is ranked in the AP Top 25 football poll for the first time in the school's history. The No. 25 Cardinals, led by junior quarterback Nate Davis, pictured, are 6-0 after defeating Mid-American Conference foe Toledo 31-0 Saturday.

Sports

Mich. Coach's Patience Wears Thin

Rodriguez calls his Wolverines soft after a home loss to Illinois

COLLEGE FOOTBALL | Five weeks into his first season at Michigan, Rich Rodriguez's patience is beginning to wear thin.

Two days after the Wolverines surrendered 45 points in a lopsided home loss to Illinois, Rodriguez took his team to task, again characterizing Michigan's play as soft.

And while Rodriguez insisted the Wolverines' lack of toughness



Michigan head coach Rich Rodriguez, center, characterized his team as soft after the Wolverines surrendered 45 points to Illinois in a home game loss on Saturday.

extended to all phases of the game, a Michigan defense — which was expected to be the team's foundation — finds itself in need of an immediate change.

"It's a physical ballgame, and there comes a point in time when you have to play physically," Rodriguez said Monday at his weekly press conference. "You can't catch people. You can't allow them to block you. You've got to want to block them. It's not that they're not trying, but unless we become a tougher football team mentally and physically, we'll have a lot of problems."

Rodriguez said he believes his players may be thinking too much rather than simply playing to their potential.

He said many of his team's issues can be tied to mental lapses.

Rodriguez isn't convinced the answer is to run more demanding practices. But after a practice Sunday in which Rodriguez harped on his team's toughness, his players realize the need for change.

"When you play like we played [against Illinois], you expect that to happen," said senior cornerback Morgan Trent. "[Soft] is never a word you want to hear on defense. You want to be an extremely tough defense. We take pride in that here." (AP)

HEISMAN HOPEFULS | COLLEGE GRIDIRON GREATS



1 No. 4 Missouri's **Chase Daniel** threw three touchdown passes and went 18 for 23 for 253 against Nebraska — in Lincoln. The 52 points the Tigers scored were the most they've put on the Cornhuskers since 1943. **2** **Sam Bradford** of top-ranked Oklahoma stumbled marginally against Baylor. He drops to No. 2 after throwing for 372 yards and two touchdowns with one interception on a 23 for 31 night. **3** No. 8 BYU's **Max Hall** held off Utah State while throwing for two touchdowns and two interceptions. The junior quarterback went 23 for 37 on his way to helping the Cougars to their 15th straight victory. **4** **Javon Ringer** of Michigan State was held in check by Iowa, gaining 91 yards and no touchdowns in a win over the Hawkeyes. (EXPRESS)

TODAY'S TV LINEUP

COLLEGE FOOTBALL (8 P.M. ON ESPN) The Trojans of Troy take on the Florida Atlantic Owls in a midweek Sun Belt Conference battle. Should be a hoot. **NBA (8:30 P.M. ON CSN)** The Washington Wizards head to Dallas for a preseason game against the Mavericks. No word yet on what Josh Howard plans to do

during the performance of the national anthem.

SOCCER (2:30 P.M. ON ESPN2) Ukrainian side Shakhtar Donetsk faces off against Lionel Messi and FC Barcelona in UEFA Champions League play. Barca routed Atletico Madrid 6-1 in the Spanish Primera Division on Saturday.

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IS IT A COINCIDENCE IT'S AFTER THE ELECTIONS? WE THINK NOT! Rosie O'Donnell will emcee an hour-long variety show for NBC on Nov. 26. It will be O'Donnell's first television gig since she abruptly left "The View" in May 2007.

Entertainment

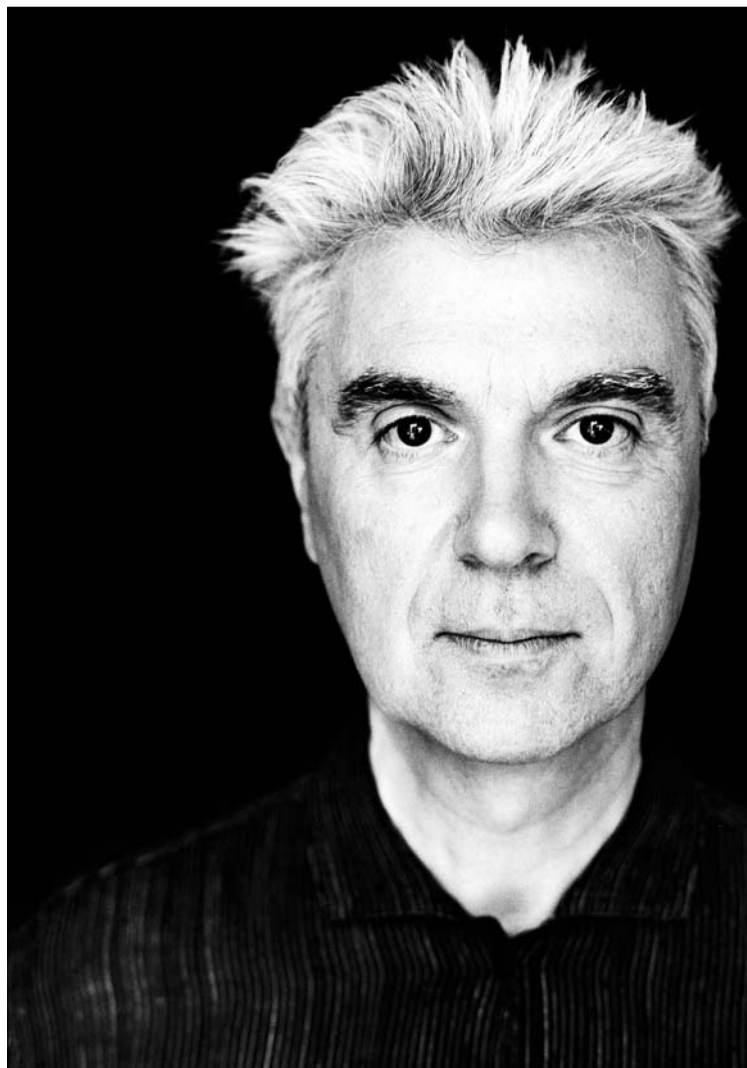
Byrne After Reading

Former Talking Head frontman and Brian Eno do it their way

INNOVATIVE | Don't tell anyone, but David Byrne and Brian Eno have a new album. OK, so it's not exactly a secret. But a key facet of their first extended collaboration in 27 years was their decision not to trumpet the arrival of "Everything That Happens Will Happen Today" in the usual way. There's no record company marketing campaign; no ads in trade magazines, on the radio or on MTV, in part because there's no record company.

"People are just kind of discovering it," Byrne, 56, said. "We did it without any of the traditional stuff that a record company would do. We thought, 'Let's see what happens if you don't do that.'"

The music so far is available only through the "Everything That Happens" Web site that the Grammy-winning pop-music innovators set up for this project. It's available free for streaming, or it can be downloaded in three ways: digital only (\$9, including a lyric booklet), digital plus a physical CD that will be shipped at the end of November (\$12), or a deluxe version for \$70 that includes four bonus tracks, a short film about the album, a hard-bound book, a



Hear that? It's the sound of music business bigwigs weeping in their offices as David Byrne maps an album and a tour without the mainstream music industry.

screen saver and other extras.

The no-strings-attached delivery method is in keeping with the music itself. It's an ethereal yet intrinsically human meeting of Byrne's voice, guitars and other acoustic instruments, and Eno's trademark electronic sounds. They describe the result as "folk-electronic gospel."

Byrne wrote many of the lyrics for a series of ambient soundscapes that Eno had created previously to convey a spiritual dimension, although one that's never far removed from the realities of life on Earth. The album's songs long existed only as instrumentals, which Eno never got around to finishing. The subject of Eno's growing stockpile of incomplete songs came up during a conversation with Byrne, and the former Talking Head offered to take a stab at writing words for them. If Eno didn't like his lyrics, he could feel free to discard them. That, of course, didn't happen.

The final songs make for an uplifting experience on the "David Byrne on Tour: Songs of David Byrne and Brian Eno" — which stops in D.C. on Nov. 9.

"In Albuquerque last night," recalls Byrne, "this scientist came up to me after the show and asked, 'How in the world is anything this positive occurring at this point in the world?'"

RANDY LEWIS (LOS ANGELES TIMES)



SMART: If only the rest of us could earn money by blowing our own horn.

Call It the Domino Effect

Van Morrison pays tribute to 40 years of 'Astral Weeks'

RETURNS | Van Morrison's nothing if not a patient man — at least when it comes to his landmark 1968 album "Astral Weeks" — the groundbreaking album that blended rock, jazz, folk and Celtic music with lyrics that often evoked William Blake's poetic mysticism.

It established him as one of rock's most revered singers and songwriters after his initial bout with fame and commercial success a few years earlier with his band Them. But it wasn't a big hit — it never cracked Billboard's Top 200 Albums chart — and it took 33 years to reach gold record status, denoting sales of 500,000 copies.

Come November, to mark the 40th anniversary of the album's release, he's doing two shows at the Hollywood Bowl, performing the album in its entirety, something he never did originally.

"In the '60s and '70s, the record companies did not support the music, so I never got to take these songs on tour, and I certainly did not have the money to do it," he said.

The plan is to record the concerts for a live album to be released on vinyl by Christmas and on CD in January.

RANDY LEWIS (LOS ANGELES TIMES)

'Sassy' Not for States

Remake of a South Korean hit tanks with American audiences

CULTURE CLASH | Korean-American producer Roy Lee has been a pioneer in remaking Asian movies for Hollywood, scoring big hits with movies such as "The Ring" and the Oscar-winning "The Departed." Still, he says one of his recent productions got lost in translation.

"My Sassy Girl" — a smash hit

in its native South Korea in 2001 — went straight to video in the U.S. because men rejected its premise of a male character's putting up with a bossy love interest in American test screenings, Lee said Friday.

"Men rejected the movie. In the U.S. version, the American audiences would go, 'If a girl did that to me, we'd just dump her,'" he said at the Pusan International Film Festival.

Lee said the original film succeeded in South Korea because the

concept of a bossy girlfriend is a novelty in Asia, while it is not uncommon in the United States.

"I realize some things work better in Asia," Lee said.

The \$10 million production starring Jesse Bradford and Elisha Cuthbert went straight to DVD.

Lee said the remake was also hampered by a flawed script, and time and budget constraints.

The original, starring Jun Ji-hyun and Cha Tae-hyun, was the No. 2 box office hit in Seoul. MIN LEE (AP)



Roy Lee remade the Korean hit "My Sassy Girl," but it went straight to DVD.



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Entertainment



"Brothers in Arms: Hell's Highway" simulates 1944's Operation Market Garden, an ambitious Allied attempt to secure a corridor through Nazi-controlled Holland.

Guns, Games & Grenades

New releases inspired by war themes gain more virtual ground

SHOOT 'EM UP | Is it possible for a video game to express an antiwar viewpoint? After all, most war games revel in jaw-dropping violence. Well ... for unambiguous, rah-rah patriotism, there's always the Pentagon-sponsored "America's Army." And this is still a genre in which high kill counts outweigh any subliminal antiwar messages. If you're looking for a peaceful video game, go play "Harvest Moon."

BROTHERS IN ARMS: HELL'S HIGHWAY "Hell's Highway" simulates 1944's Operation Market Garden, an ambitious Allied attempt to secure a corridor through the Nazi-occupied Netherlands. This is a squad-based game, so you not only have to control squad leader Matt Baker, but you also have to give orders to your team members. In a typical scenario, you order your men to lay down suppressive fire while you sneak around the back and take out Germans from behind.

Overall, "Hell's Highway" is a solid game — although, if you're tired of World War II games, it's not distinctive enough that it will change your mind.

MERCENARIES 2: WORLD IN FLAMES

"World in Flames" begins with a straightforward rescue mission, but after your employer tries to kill you, it's all about revenge. And since your target is now the leader of Venezuela, your goal is essentially to turn the entire country into a parking lot. You have plenty of weapons and vehicles at your disposal, and you may even be able to pick up work from oil-hungry countries such as the United States and China.

While the large-scale destruction is undeniably exciting, the overall game play is disappointing. "World in Flames" is repetitive, and marred by bizarre graphic glitches and really awful artificial intelligence.

BATTLEFIELD: BAD COMPANY

The fellows in B Company are a bunch of misfits who are essentially doomed to be cannon fodder in a war they don't even understand. After they're abandoned by their own military, the guys discover something else to fight for: gold.

The comedy in "Bad Company" makes for a nice change of pace from previous "Battlefield" titles, although you may get sick of hearing some of the same quips over and over. Unlike "Brothers in Arms," you don't have much control over your squad mates — which is appropriate, given what loose cannons they are. **LOU KESTEN (AP)**

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Entertainment



FIFTH TIME'S THE CHARM: Comedian and talk show host Jimmy Kimmel is slated to host the American Music Awards on Nov. 23 live from Los Angeles on ABC. Kimmel has already hosted the American Music Awards four times.

Ice Cube Asks 'Why?'

Rapper's new video targets gang-related gun violence in U.S.

SPEAKING OUT | The unlikely stars of Ice Cube's new video are the grieving relatives of a 17-year-old high school football star who was shot to death outside his home. The song "Why Me?" speaks out against senseless violence and gun crime devastating communities.

Cube says Jamiel Shaw Jr.'s family is a powerful illustration of the pain that lingers after a murder: "It just was a tragic, tragic story of

why. Young people are dying for no reason all over the world that don't know why. It's ugly everywhere."

Shaw was on track for a college sports scholarship when he was gunned down in March a few yards from his house in a working-class neighborhood south of downtown Los Angeles. His mother was serving in the Army in Iraq at the time.

Pedro Espinoza, an illegal immigrant and suspected gang member who had been released from jail a day earlier on weapons charges, has pleaded not guilty to murder.

Prosecutors say Espinoza drove to Shaw's neighborhood and shot

him after asking him about his gang affiliation. Police have said Shaw was never in a gang.

The rap video begins with the, sorrow-filled faces of Shaw's parents and aunt. His father recounts a final conversation with his son.

"To drive this home, it was only right to use real family and not use a bunch of actors," Cube says.

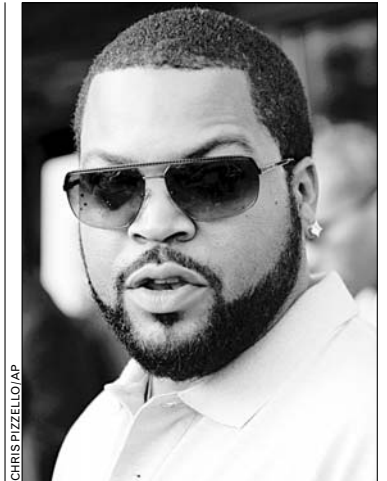
His video features photos of dozens of crime victims blowing from a tree and then across the sand in the desert. It also depicts a young man in a football jersey being gunned down on a street. As he lays dying, he asks, "Why me, homie, why me?"

Espinoza's early release from jail led the Shaws to call for the passage of "Jamiel's Law," which would push Los Angeles police to crack down on illegal immigrant gang members.

Cube says the video is not meant as an endorsement of the move.

"It ain't really a commentary on that," he says. "You've got a person being killed by a person he don't know for a reason he don't know. ... Who cares if it was an immigrant or if it was a taxpaying citizen?"

Appearing in the video was a chance for the Shaws to further their petition drive to qualify the proposed law for the November ballot.



"It's ugly everywhere," says Cube. His video "Why Me?" targets violence.

"Every time I start watching it, I start crying," Jamiel Shaw Sr. says. "At the same time, I feel good that we are getting the word out."

THOMAS WATKINS (AP)

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HOW TO LOSE FRIENDS AND ALIENATE PEOPLE (NR) (215 500) 745 1035
RELIGIOUS (R) - ID REQ'D (130 415) 700 1000
BLINDNESS (R) - ID REQ'D (145 445) 745 1045
EAGLE EYE - DP (PG-13) (130 430) 730 1030
EAGLE EYE (PG-13) (330 PM) 630 PM
MIRACLE AT ST. ANNA (R) - ID REQ'D (100 PM 445 PM) 830 PM
NIGHTS IN RODANTHE (PG-13) (100 345) 645 915
GHOST TOWN (PG-13) (400 PM) 645 PM 830 PM
BURN AFTER READING (R) - ID REQ'D (245 515) 800 1030
IGOR (PG) (1245 PM 330 PM) 600 PM
MY BEST FRIEND'S GIRL (NR) 815 PM 1045 PM
RIGHTEOUS KILL (R) - ID REQ'D (115 PM)
OC: EAGLE EYE (PG-13) (1230 PM) 930 PM

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#
Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale CITY OF EMBER
BEVERLY HILLS CHIHUAHUA (PG) (130 430) 715 945
NICK AND NORAH'S INFINITE PLAYLIST (PG-13)
(145 445) 730 1000
BLINDNESS (R) - ID REQ'D (215 445) 745 1045
HOW TO LOSE FRIENDS AND ALIENATE PEOPLE (NR) (145 430) 745 1030
FLASH OF GENIUS (PG-13) (115 415) 715 1015
AMERICAN CAROL (NR) (215 500) 730 1000
EAGLE EYE (PG-13) (100 200 500) 700 800 1045
OC: EAGLE EYE (PG-13) (400 PM) 945 PM
MIRACLE AT ST. ANNA (R) - ID REQ'D (200 PM 515 PM) 830 PM
NIGHTS IN RODANTHE (PG-13) (100 345) 645 915
FIREPROOF (PG) (115 400) 700 1015
IGOR (PG) (100 PM 330 PM)
GHOST TOWN (PG-13) (415 PM) 645 PM 830 PM
LAKEVIEW TERRACE (PG-13) (230 515) 815 1045
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (130 PM)
BURN AFTER READING (R) - ID REQ'D 800 PM 1030 PM

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#
Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale CITY OF EMBER
FLASH OF GENIUS (PG-13) (145 430) 715 1000
HOW TO LOSE FRIENDS AND ALIENATE PEOPLE (NR) (200 500) 730 1015
BEVERLY HILLS CHIHUAHUA (PG) (145 430) 700 945
NICK AND NORAH'S INFINITE PLAYLIST (PG-13)
(215 515) 745 1020
OC: EAGLE EYE (PG-13) (345 PM) 915 PM
BLINDNESS (R) - ID REQ'D (130 415) 715 1000
EAGLE EYE (PG-13) (100 200 445) 630 730 1015
MIRACLE AT ST. ANNA (R) - ID REQ'D (105 PM 445 PM) 815 PM
NIGHTS IN RODANTHE (PG-13) (215 500) 745 1030
FIREPROOF (PG) (100 345) 645 930
APPALOOSA (NR) (115 400) 700 945
IGOR (PG) (130 PM 415 PM)
GHOST TOWN (PG-13) 630 PM 915 PM
LAKEVIEW TERRACE (PG-13) (115 400) 645 945
BURN AFTER READING (R) - ID REQ'D (515 PM) 800 PM 1030 PM
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (230 PM)

MAJESTIC STADIUM 20
900 Ellsworth Dr Silver Spring, MD 240-393-4826
Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale CITY OF EMBER
BLINDNESS (R) - ID REQ'D (130 440) 740 1030
NICK AND NORAH'S INFINITE PLAYLIST (PG-13)
(1200 210 420) 630 840 1045
BEVERLY HILLS CHIHUAHUA (PG) (1215 100 230 420 445 540) 705 800 940 1020
FLASH OF GENIUS (PG-13) (120 410) 710 950
HOW TO LOSE FRIENDS AND ALIENATE PEOPLE (NR) (1245 315 545) 815 1040
AMERICAN CAROL (NR) (1210 240 515) 750 1020
RW: EAGLE EYE (PG-13) (115 415) 720 1010
EAGLE EYE (PG-13) (1205 1230 245 330 525) 615 810 920 1045
RW: NIGHTS IN RODANTHE (PG-13) (1235 255 510) 730 945
BURN AFTER READING (R) - ID REQ'D (105 405) 645 935
GHOST TOWN (PG-13) (145 425) 650 925
LAKEVIEW TERRACE (PG-13) (145 455) 725 955
IGOR (PG) (1220 225 430) 640 850
CHOKE (R) - ID REQ'D (135 350) 600 820 1035
TOWELHEAD (R) - ID REQ'D (110 PM)
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (150 450) 735 1015
RIGHTEOUS KILL (R) - ID REQ'D (1250 335) 610 835
TROPIC THUNDER (R) - ID REQ'D (355 PM) 620 PM 845 PM

ROYALE STADIUM 14
8505 America Blvd Hyattsville, MD 301-864-3456
Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale CITY OF EMBER
RW: BEVERLY HILLS CHIHUAHUA (PG) (115 430) 740 1020
AMERICAN CAROL (NR) (125 350) 730 1005
FLASH OF GENIUS (PG-13) (120 400) 725 1010
HOW TO LOSE FRIENDS AND ALIENATE PEOPLE (NR) (135 420) 720 955
NICK AND NORAH'S INFINITE PLAYLIST (PG-13)
(110 410) 710 935
BLINDNESS (R) - ID REQ'D (115 415) 655 940
RW: EAGLE EYE (PG-13) (130 405) 700 945
EAGLE EYE (PG-13) (200 440) 755 1020
MIRACLE AT ST. ANNA (R) - ID REQ'D (100 PM 430 PM) 810 PM
NIGHTS IN RODANTHE (PG-13) (105 345) 705 930
IGOR (PG) (145 PM 355 PM)
LAKEVIEW TERRACE (PG-13) (140 425) 715 950
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13)
(205 435) 750 1025
RIGHTEOUS KILL (R) - ID REQ'D (735 PM 1015 PM)
BURN AFTER READING (R) - ID REQ'D (100 445) 745 1000

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 568#
Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale CITY OF EMBER
FLASH OF GENIUS (PG-13) (115 415) 700 1000
HOW TO LOSE FRIENDS AND ALIENATE PEOPLE (NR) (115 415) 700 1000
BEVERLY HILLS CHIHUAHUA (PG) (1200 230 500) 745 1015
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (1200 220 440) 700 925
EAGLE EYE (PG-13) (210 450) 730 1010
NIGHTS IN RODANTHE (PG-13) (100 320 540) 800 1020
MY BEST FRIEND'S GIRL (NR) 745 PM 1010 PM
IGOR (PG) (1245 PM 250 PM 510 PM)
GHOST TOWN (PG-13) (130 400) 715 940
THE WOMEN (PG-13) (1250 330) 800 1020
VICKY CRISTINA BARCELONA (PG-13) (1215 230 445) 715 950

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#
Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale CITY OF EMBER
AMERICAN CAROL (NR) (245 500) 715 945
HOW TO LOSE FRIENDS AND ALIENATE PEOPLE (NR) (145 430) 700 930
BEVERLY HILLS CHIHUAHUA (PG) (115 430 330 415) 605 915
FIREPROOF (PG) (100 330 445) 630 715 915 1000
EAGLE EYE (PG-13) (115 200 400 445) 645 730 930 1015
MIRACLE AT ST. ANNA (R) - ID REQ'D (215 PM) 600 PM 930 PM
NIGHTS IN RODANTHE (PG-13) (200 415) 645 900
GHOST TOWN (PG-13) (130 PM 430 PM) 915 PM
LAKEVIEW TERRACE (PG-13) (230 515) 800 1030
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (215 500) 745 1030

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#
Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale CITY OF EMBER
AMERICAN CAROL (NR) (1230 300) 540 810 1020
FLASH OF GENIUS (PG-13) (130 440) 735 1025
HOW TO LOSE FRIENDS AND ALIENATE PEOPLE (NR) (1200 230) 500 730 1010
NICK AND NORAH'S INFINITE PLAYLIST (PG-13)
(1200 210) 430 720 945
OC: EAGLE EYE (PG-13) 415 PM 1000 PM
BLINDNESS (R) - ID REQ'D (1240) 400 700 955
EAGLE EYE (PG-13) (1155 1255 240) 520 715 800 1040
MIRACLE AT ST. ANNA (R) - ID REQ'D (1150) 315 640 1005
NIGHTS IN RODANTHE (PG-13) (1205 225) 455 725 950
FIREPROOF (PG) (120 420) 710 1020
GHOST TOWN (PG-13) (100) 350 650 930
LAKEVIEW TERRACE (PG-13) (1150 245) 510 750 1030
TYLER PERRY'S: THE FAMILY THAT PREYS - DP (PG-13) (1155 230) 505 740 1015
BURN AFTER READING (R) - ID REQ'D (1215 250) 515 745 1015

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#
Adv. Tix on Sale CITY OF EMBER
BEVERLY HILLS CHIHUAHUA (PG) (1250 310 530) 750 1010
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (150 425) 700 935
EAGLE EYE (PG-13) (240 505) 730 955
CHOKE (R) - ID REQ'D (1225 125 320 420) 620 720 915 1015
MIRACLE AT ST. ANNA (R) - ID REQ'D (1230 255 520) 745 1005
NIGHTS IN RODANTHE (PG-13) (100 PM 435 PM) 810 PM
IGOR (PG) (1220 340) 630 920
BURN AFTER READING (R) - ID REQ'D (215 455) 640 740 925 1025
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) 710 PM 1005 PM
VICKY CRISTINA BARCELONA (PG-13) (110 355) 630 905
THE DARK KNIGHT (PG-13) (100 PM 430 PM) 800 PM
WALL-E (G) (120 PM 400 PM)

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#
Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale CITY OF EMBER
NICK AND NORAH'S INFINITE PLAYLIST (PG-13)
BEVERLY HILLS CHIHUAHUA (PG) (1215 240 505) 730 955
FLASH OF GENIUS (PG-13) (115 410) 705 1000
HOW TO LOSE FRIENDS AND ALIENATE PEOPLE (NR) (150 445) 740 1025
BLINDNESS (R) - ID REQ'D (155 450) 745 1040
EAGLE EYE - DP (PG-13) (325 PM) 925 PM
EAGLE EYE (PG-13) (155 PM 455 PM) 800 PM
CHOKE (R) - ID REQ'D (1230 110 415) 630 720 1015
NIGHTS IN RODANTHE (PG-13) (130 420) 645 910
FIREPROOF (PG) (1220 320) 620 920
IGOR (PG) (215 PM 440 PM)
GHOST TOWN (PG-13) (125 400) 645 915
LAKEVIEW TERRACE (PG-13) (1230 220) 610 900
THE WOMEN (PG-13) 715 PM 1005 PM
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (230 PM 520 PM) 810 PM
RIGHTEOUS KILL (R) - ID REQ'D (250 PM 530 PM) 825 PM

KINGSTOWNE STADIUM 16
5810 Kingstowne Towne Center 703-822-4956
Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale CITY OF EMBER
FLASH OF GENIUS (PG-13) (130 425) 745 1030
HOW TO LOSE FRIENDS AND ALIENATE PEOPLE (NR) (1250 330) 700 940
BEVERLY HILLS CHIHUAHUA (PG) (1205 230 500) 730 950
NICK AND NORAH'S INFINITE PLAYLIST (PG-13)
(1220 235 455) 800 1025
RELIGIOUS (R) - ID REQ'D (105 345) 720 1015
RW: EAGLE EYE (PG-13) (100 350) 755 1035
BLINDNESS (R) - ID REQ'D (115 420) 710 1005
MIRACLE AT ST. ANNA (R) - ID REQ'D (1200 220) 615 705 900 955
NIGHTS IN RODANTHE (PG-13) (1210 240 510) 740 1000
FIREPROOF (PG) (1215 310) 640 930
APPALOOSA (NR) (125 415) 725 1020
IGOR (PG) (1200 PM 220 PM 430 PM)
GHOST TOWN (PG-13) (1100 PM 335 PM) 655 PM
LAKEVIEW TERRACE (PG-13) (1225 300) 635 920
RIGHTEOUS KILL (R) - ID REQ'D (1245 PM)
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) 945 PM
BURN AFTER READING (R) - ID REQ'D (320 PM) 645 PM 915 PM

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#
Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale CITY OF EMBER
AMERICAN CAROL (NR) (1155 205 425) 730 955
FLASH OF GENIUS (PG-13) (120 410) 735 1020
HOW TO LOSE FRIENDS AND ALIENATE PEOPLE (NR) (1150 225 505) 750 1035
BEVERLY HILLS CHIHUAHUA (PG) (1140 1240 210 310 450) 630 720 900 950
NICK AND NORAH'S INFINITE PLAYLIST (PG-13)
(1200 235 500) 755 1020
RELIGIOUS (R) - ID REQ'D (115 405) 725 1010
OC: EAGLE EYE (PG-13) (330 PM) 640 PM
BLINDNESS (R) - ID REQ'D (1255 350) 705 1005
EAGLE EYE - DP (PG-13) (120 420) 740 1030
EAGLE EYE (PG-13) (1130 1230 220 510) 650 830
MIRACLE AT ST. ANNA (R) - ID REQ'D (240 PM) 605 PM 935 PM
NIGHTS IN RODANTHE (PG-13) (100 345) 655 920
FIREPROOF (PG) (1235 340) 640 930
APPALOOSA (NR) (110 400) 710 1000
MY BEST FRIEND'S GIRL (NR) (1135 200 430) 700
GHOST TOWN (PG-13) (320 PM) 635 PM 910 PM
LAKEVIEW TERRACE (PG-13) (1210 300) 625 905
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) 850 PM
RIGHTEOUS KILL (R) - ID REQ'D (1205 330) 630 920
BURN AFTER READING (R) - ID REQ'D (1250 325) 620 855
STAR WARS: THE CLONE WARS (PG) (1215 PM 305 PM) 610 PM

FOX STADIUM 16
22875 Crawford Pl. Asburn, VA 703-957-1035
Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale CITY OF EMBER
NICK AND NORAH'S INFINITE PLAYLIST (PG-13)
(1200 215 430) 730 945
AMERICAN CAROL (NR) (110 320 545) 800 1015
FLASH OF GENIUS (PG-13) (1240 345) 655 940
HOW TO LOSE FRIENDS AND ALIENATE PEOPLE (NR) (200 445) 720 955
BLINDNESS (R) - ID REQ'D (100 400) 710 1005
EAGLE EYE (PG-13) (130 415) 715 1000
MIRACLE AT ST. ANNA (R) - ID REQ'D (1205 330) 630 920
NIGHTS IN RODANTHE (PG-13) (1220 250 515) 745 1010
MY BEST FRIEND'S GIRL (NR) (140 410) 640 915
IGOR (PG) (1245 300) 645 900
GHOST TOWN (PG-13) (1200 230 500) 740 1015
LAKEVIEW TERRACE (PG-13) (1250 340) 630 920
THE WOMEN (PG-13) (1210 310) 615 910
BURN AFTER READING (R) - ID REQ'D (1220 240 530) 750 1010
RW: BEVERLY HILLS CHIHUAHUA (PG) (1215 245) 700 930
RW: EAGLE EYE (PG-13) (1230 315) 600 845

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#
Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale CITY OF EMBER
AMERICAN CAROL (NR) (110 325 545) 755 1005
FLASH OF GENIUS (PG-13) (140 425) 710 1000
NIGHTS IN RODANTHE - DP (PG-13) (140 400) 650 930
NIGHTS IN RODANTHE (PG-13) (1115 250) 625 945
APPALOOSA (NR) (135 420) 705 950
THE DUCHESS (PG-13) (125 410) 700 935
IGOR (PG) (105 PM 320 PM 535 PM)
GHOST TOWN (PG-13) (130 430) 725 1010
LAKEVIEW TERRACE (PG-13) (1230 315) 605 855
THE WOMEN (PG-13) (750 PM 1020 PM)
RIGHTEOUS KILL (R) - ID REQ'D (115 405) 655 925

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#
Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale CITY OF EMBER
FLASH OF GENIUS (PG-13) (1100 140 450) 745 1030
HOW TO LOSE FRIENDS AND ALIENATE PEOPLE (NR) (115 400) 715 1015
BEVERLY HILLS CHIHUAHUA (PG) (1130 200 430) 700 920
NICK AND NORAH'S INFINITE PLAYLIST (PG-13)
(1210 230 500) 730 1010
BLINDNESS (R) - ID REQ'D (1240 330) 650 1000
EAGLE EYE - DP (PG-13) (130 410) 705 955
EAGLE EYE (PG-13) (1230 315) 605 855
MIRACLE AT ST. ANNA (R) - ID REQ'D (1115 250) 625 945
NIGHTS IN RODANTHE (PG-13) (1200 220 515) 815 1035
FIREPROOF (PG) (1145 255 545) 840
APPALOOSA (NR) (1150 300) 615 900
MY BEST FRIEND'S GIRL (NR) 800 PM 1040 PM
GHOST TOWN (PG-13) (1215 PM 245 PM 530 PM)
LAKEVIEW TERRACE (PG-13) (100 350) 630 915
BURN AFTER READING (R) - ID REQ'D (415 PM) 645 PM 905 PM

Times For 10:30 Matinees in ()

OC= Open Captioned

RW=RWC Available

DA= Descriptive Audio Available

DP= Digital Projection

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Spina Bifida is the most common permanently disabling birth defect in the United States. The exact cause of Spina Bifida is not known.

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THE IMAX EXPERIENCE

EAGLE EYE: THE IMAX EXPERIENCE (PG13) 1:30, 4:15, 7:00, 9:45

DIGITAL PRESENTATION

BEVERLY HILLS CHIHUAHUA (PG) 2:45, 5:00, 7:15, 9:30

AN AMERICAN CAROL (PG13) 1:20, 3:30, 5:35, 7:55, 10:10

BEVERLY HILLS CHIHUAHUA (PG) 1:00, 3:15, 5:30, 7:45, 10:00

FLASH OF GENIUS (PG13) 1:35, 4:25, 7:10, 9:55

HOW TO LOSE FRIENDS & ALIENATE PEOPLE (R) 1:55, 4:55, 7:35, 10:20

NICK & NORAH'S INFINITE PLAYLIST (PG13) 1:15, 3:30, 5:45, 8:10, 10:25

EAGLE EYE (PG13) 3:45, 6:30, 9:15

MIRACLE AT ST. ANNA (R) 1:45, 5:10, 8:35

NIGHTS IN RODANTHE (PG13) 3:20, 5:40, 8:00, 10:20

NIGHTS IN RODANTHE (PG13) 3:20, 5:40, 8:00, 10:20

GHOST TOWN (PG13) 2:20, 4:50, 7:20, 9:45

IGOR (PG) 1:25, 3:40, 5:50

LAKEVIEW TERRACE (PG13) 2:40, 5:20, 7:55, 10:30

MY BEST FRIEND'S GIRL (R) 4:40, 9:50

RIGHTEOUS KILL (R) 3:25, 5:55, 8:20

TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 2:50, 5:35, 8:25

THE WOMEN (PG13) 1:55, 7:10

AMC SELECT

APPALOOSA (R) 1:50, 4:35, 7:25, 10:05

BLINDNESS (R) 1:30, 4:20, 7:05, 9:55

RELIGIOUS (R) 3:05, 5:40, 8:15

CHOKO (R) 3:05, 10:20

FIREPROOF (PG) 1:45, 4:30, 7:20, 10:05

BURN AFTER READING (R) 2:55, 5:15, 7:40, 10:00

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
703-998-4AMC

THE IMAX EXPERIENCE

EAGLE EYE: THE IMAX EXPERIENCE (PG13) 1:50, 4:40, 7:30, 10:20

BEVERLY HILLS CHIHUAHUA (PG) 2:00, 4:35, 7:00, 9:20

FLASH OF GENIUS (PG13) 2:25, 7:55, 10:40

HOW TO LOSE FRIENDS & ALIENATE PEOPLE (R) 2:20, 5:00, 7:40, 10:15

NICK & NORAH'S INFINITE PLAYLIST (PG13) 1:15, 3:30, 7:25, 9:50

EAGLE EYE (PG13) 1:00, 3:40, 6:30, 9:30

MIRACLE AT ST. ANNA (R) 2:50, 6:15, 9:45

NIGHTS IN RODANTHE (PG13) 1:25, 3:50, 7:45, 10:25

NIGHTS IN RODANTHE (PG13) 1:25, 3:50, 7:45, 10:25

GHOST TOWN (PG13) 7:05, 9:35

IGOR (PG) 1:10, 3:20

LAKEVIEW TERRACE (PG13) 2:30, 5:15, 7:50, 10:30

AMC SELECT

RELIGIOUS (R) 2:10, 4:45, 7:15, 9:40

APPALOOSA (R) 1:55, 4:30, 7:20, 10:05

BLINDNESS (R) 1:35, 4:20, 7:10, 10:05

BURN AFTER READING (R) 1:20, 3:45, 8:10, 10:35

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION

NICK & NORAH'S INFINITE PLAYLIST (PG13) 2:30, 4:45, 7:00, 9:15

FLASH OF GENIUS (PG13) 2:00, 5:10, 7:50, 10:25

HOW TO LOSE FRIENDS & ALIENATE PEOPLE (R) 1:30, 4:30, 7:25, 10:00

EAGLE EYE (PG13) 1:20, 2:20, 4:00, 5:20, 7:10, 8:10, 10:15

EAGLE EYE (PG13) 1:20, 2:20, 4:00, 5:20, 7:10, 8:10, 10:15

MIRACLE AT ST. ANNA (R) 3:30, 7:05, 10:20

NIGHTS IN RODANTHE (PG13) 2:10, 4:55, 7:35, 10:25

GHOST TOWN (PG13) 3:00, 5:30, 8:20, 10:35

AMC SELECT

APPALOOSA (R) 1:15, 4:10, 7:15, 10:30

BLINDNESS (R) 1:20, 4:20, 7:20, 10:10

RELIGIOUS (R) 2:50, 5:15, 7:40, 10:05

CHOKO (R) 2:30, 4:50, 10:35

THE DUCHESS (PG13) 2:25, 5:00, 7:45, 10:30

BURN AFTER READING (R) 2:40, 5:05, 7:50, 10:20

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

THE IMAX EXPERIENCE

EAGLE EYE: THE IMAX EXPERIENCE (PG13) 1:50, 4:40, 7:30, 10:15

AN AMERICAN CAROL (PG13) 1:05, 3:15, 5:25, 7:35, 9:45

BEVERLY HILLS CHIHUAHUA (PG) 12:50, 3:10, 5:30, 7:50, 10:10

FLASH OF GENIUS (PG13) 1:10, 4:00, 7:10, 10:00

HOW TO LOSE FRIENDS & ALIENATE PEOPLE (R) 1:55, 4:50, 7:25, 10:00

NICK & NORAH'S INFINITE PLAYLIST (PG13) 2:25, 4:45, 7:05, 9:25

EAGLE EYE (PG13) 12:55, 3:45, 6:30, 9:20

MIRACLE AT ST. ANNA (R) 1:00, 4:30, 8:00

NIGHTS IN RODANTHE (PG13) 2:20, 4:55, 7:35, 9:55

GHOST TOWN (PG13) 1:30, 4:05, 6:55, 9:45

IGOR (PG) 2:10, 4:35

LAKEVIEW TERRACE (PG13) 2:15, 5:00, 7:40, 10:20

MY BEST FRIEND'S GIRL (R) 2:35, 5:15

RIGHTEOUS KILL (R) 7:00, 9:35

TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 7:45, 10:20

AMC SELECT

APPALOOSA (R) 1:25, 4:25, 7:30, 10:15

BLINDNESS (R) 1:20, 4:20, 7:20, 10:10

RELIGIOUS (R) 2:05, 4:40, 7:10, 9:40

FIREPROOF (PG) 1:15, 4:15, 7:15, 10:05

BURN AFTER READING (R) 1:35, 4:10, 6:50, 9:30

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

FLASH OF GENIUS (PG13) 2:30, 5:10, 7:50

HOW TO LOSE FRIENDS & ALIENATE PEOPLE (R) 2:50, 5:20, 8:00

NIGHTS IN RODANTHE (PG13) 2:40, 4:50, 7:20

GHOST TOWN (PG13) 2:10, 4:30, 7:00

LAKEVIEW TERRACE (PG13) 3:00, 5:40, 8:10

AMC SELECT

APPALOOSA (R) 2:20, 5:00, 7:40

BLINDNESS (R) 2:00, 4:40, 7:30

FIREPROOF (PG) 1:30, 4:20, 7:10

MAGIC JOHNSON CAPITAL CENTRE 12

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BEVERLY HILLS CHIHUAHUA (PG) 12:30, 2:50, 5:10, 7:45, 10:00

EAGLE EYE (PG13) 12:15, 1:15, 3:15, 4:15, 6:15, 7:15, 9:15, 9:50

MIRACLE AT ST. ANNA (R) 1:45, 2:45, 5:05, 8:10, 8:45, 9:45

IGOR (PG) 12:45, 3:00, 5:15, 7:30, 9:40

LAKEVIEW TERRACE (PG13) 12:35, 1:45, 3:35, 4:35, 6:35, 7:35, 9:35, 10:15

RIGHTEOUS KILL (R) 7:10, 9:55

TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 12:05, 1:05, 3:05, 4:05, 6:05, 7:05, 9:05, 10:05

THE LONGSHOTS (PG) 12:10, 2:20, 4:50

AMC SELECT

BLINDNESS (R) 1:25, 4:25, 7:25, 10:10

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

AN AMERICAN CAROL (PG13) 2:30, 4:50, 7:50

MIRACLE AT ST. ANNA (R) 2:20, 5:40

TOWELHEAD (R) 7:00

AMC SELECT

APPALOOSA (R) 2:00, 4:40, 7:20

RELIGIOUS (R) 2:10, 5:00, 7:40

THE DUCHESS (PG13) 1:40, 4:20, 7:00

BURN AFTER READING (R) 1:30, 4:10, 7:10

VICKY CRISTINA BARCELONA (PG13) 1:50, 4:30

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

EAGLE EYE (PG13) 2:20, 4:50, 7:20, 9:50

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

DIGITAL PRESENTATION

EAGLE EYE (PG13) 1:20, 4:10, 7:00, 9:50

BEVERLY HILLS CHIHUAHUA (PG) 1:55, 4:35, 7:15, 9:40

FLASH OF GENIUS (PG13) 1:30, 4:20, 7:05, 10:05

HOW TO LOSE FRIENDS & ALIENATE PEOPLE (R) 1:35, 4:15, 7:15, 10:10

NICK & NORAH'S INFINITE PLAYLIST (PG13) 1:00, 3:15, 5:30, 7:45, 10:00

EAGLE EYE (PG13) 2:20, 5:10, 8:00, 10:50

MIRACLE AT ST. ANNA (R) 12:40, 4:00, 7:25, 10:45

NIGHTS IN RODANTHE (PG13) 1:10, 3:30, 5:55, 8:15, 10:35

GHOST TOWN (PG13) 12:40, 3:10, 5:40, 8:20, 10:45

GHOST TOWN (PG13) 12:40, 3:10, 5:40, 8:20, 10:45

IGOR (PG) 12:45, 2:55, 5:05, 7:30

LAKEVIEW TERRACE (PG13) 1:50, 4:40, 7:35, 10:20

THE WOMEN (PG13) 9:45 PM

AMC SELECT

APPALOOSA (R) 1:45, 4:45, 7:50, 10:30

BLINDNESS (R) 1:05, 4:05, 7:20, 10:25

RELIGIOUS (R) 12:55, 3:20, 5:45, 8:10, 10:40

THE DUCHESS (PG13) 1:40, 4:25, 7:10, 9:55

BURN AFTER READING (R) 12:50, 3:05, 5:35, 8:05, 10:35

AMC MAZZA GALLERIE

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BEVERLY HILLS CHIHUAHUA (PG) 3:15, 5:40, 8:00

FLASH OF GENIUS (PG13) 1:50, 4:40, 7:40

NICK & NORAH'S INFINITE PLAYLIST (PG13) 2:20, 5:00, 7:20

MIRACLE AT ST. ANNA (R) 3:20, 6:40

NIGHTS IN RODANTHE (PG13) 1:55, 4:35, 7:15

GHOST TOWN (PG13) 1:45, 4:20, 7:00

LAKEVIEW TERRACE (PG13) 2:00, 4:50, 7:30

LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard
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DIGITAL PRESENTATION

EAGLE EYE (PG13) 2:25, 5:10, 7:55, 10:35

AN AMERICAN CAROL (PG13) 1:35, 3:45, 5:55, 8:00, 10:10

BEVERLY HILLS CHIHUAHUA (PG) 1:05, 3:15, 5:30, 7:45, 10:00

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Entertainment



Look, Ma, jazz hands! If her performances on "Flight of the Conchords" or the "Daily Show" weren't proof of Kristen's Schaal's goofy style, this picture surely is.

Awesomely Awkward

**Kristen Schaal has
struck comedic gold
with a quirky persona**

FUNNY | As Mel, the psychotically besotted fan on HBO's cult hit "Flight of the Conchords" — the deadpan adventures of New Zealanders Jemaine Clement and Bret McKenzie, a musical duo taking New York not-so-much by storm — actress Kristen Schaal has struck a sort of geeky gold. She's inspired YouTube montages and lately garnered print love from *Bust* magazine and *McSweeney's the Believer*. Yet thus far, hers has remained a simmering sort of celebrity.

"People seem to think they're the only ones who have seen the show," Schaal says. "One time I was out to dinner with one of my friends in New York, and when I got up to go to the bathroom, the guy at the table next to us leaned in and said, 'Do you know she's on an HBO show?'"

She may have reached the most eyeballs as Mel, the stalker with the wonderfully awkward bathroom encounters and gloriously dorky dance moves. But recently,

Schaal also spent a month writing on "South Park" and, since this past spring, has logged appearances as the "Daily Show's" new "senior women's issues commentator."

Next summer, she has small roles in three major studio flicks, starring the likes of Will Ferrell, Anjelica Huston and John C. Reilly. For the moment, she's biding her time working on a book of short stories for HarperCollins, whipping up a few movie scripts with her comedy partner Kurt Braunohler, and peddling her loopy stand-up to live audiences in the thousands.

Schaal's forte is her absurdist wit, which pays off in a delicious avalanche of surprises. Her character-driven stage shows turn on plot twists, such as her and Braunohler's rendition of a Colonial-era telephone conversation, during which Pocahontas and John Smith abruptly jump from small talk to phone sex. "I think it's really just finding something unexpected," she says. "Our favorite form of comedy is the unlikeliness of things. ... What I want to keep doing is just have the audience not be able to predict it at all." **MINDY FARABEE (LOS ANGELES TIMES)**



NICE SAVE: The popular HBO series "Entourage," which was rumored to be on its last leg, has been picked up for a sixth season. Bolstered by Jeremy Piven's recent (and third) Emmy win, Ari, Vinny and company will continue to navigate Hollywood.

Television

ON TV TONIGHT

GREASY ELBOWS

Mike Rowe and **DIRTY JOBS** (9 p.m., Discovery) return with 11 original episodes. Tonight, Mike swabs the deck of a tall ship. A marathon of "Dirty Jobs" repeats kicks off at 4 p.m.

BEER ON TAP, BEDSIDE KEGS

Tony Siragusa of the Indianapolis Colts and Baltimore Ravens co-hosts **MAN CAVES** (9 p.m., DIY) with decorator Jason Cameron. As the name implies, "Caves" showcases the kinds of spaces "real" guys would devise if money (and women) were not a serious factor.

THE PUBLIC CHIMES IN

Tom Brokaw moderates a town hall-style **PRESIDENTIAL DEBATE** (9 p.m., CBS, NBC, Fox, ABC, CNN, Fox News, MSNBC, BBC America) between Sens. John McCain and Barack Obama.

CRASH AND BURN

The ultraviolent 1967 gangster film **BONNIE AND CLYDE** (10 p.m., TCM) combined the class consciousness of the



DOWN AND DIRTY: Mike Rowe wades through filthy jobs tonight on Discovery.

1930s with the generational upheaval of the 1960s to celebrate a different kind of rebel.

ECLECTIC ALL-STAR LINEUP

Russell Crowe, Alicia Keys and Death Cab for Cutie are on **LATE NIGHT WITH CONAN O'BRIEN** (12:35 a.m., NBC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

If It Ain't Broke, Do It Again

'Housewives' worked the first two times, so now it's heading south

FORMULA | Success breeds imitation, so smart producers learn to imitate themselves. Cloning may still be a touchy subject among ethicists, but it's clearly been embraced by broadcasters. The best examples of this radical procedure are "Law & Order" and "CSI."

Add "The Real Housewives" (9 p.m., Bravo) to the list. It's interesting to remember that the Orange County installment of "Real" seemed whipped up as a cheap and dirty way to cash in on "The O.C." craze. "The O.C." has been gone for years, but the "Housewives" just keep coming. The series that brought you women you loved to loathe from Orange



SOUTHERN BELLE: NeNe Leakes takes issue with a fellow housewife on Bravo.

County and Manhattan now opens a new outpost in Atlanta.

Four of the five "Housewives" on this series are black women

who preside over huge houses in a city one refers to as "Hollywood for African-Americans." This series profiles a community dominated by self-made tycoons who made fortunes in real estate, retail, entertainment and sports. One of the wives is married to an NFL player and another an NBA star, and still another is awaiting a huge lump-sum divorce payment from a professional football player.

The central story of the first episode involves the tensions between NeNe, the voluptuous and brassy wife of a real estate magnate, and Sheree, a haughty soon-to-be-divorced mother who considers herself the city's most important socialite. By the end of the first hour, Sheree insults NeNe in a way that promises d-r-a-m-a with a capital D. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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It's Blitzkrieg Bluegrass

Tommy Ramone finds a common thread in pickin' and punk

GET MORE on Uncle Monk and the Ramones' take on folk music at Expressnightout.com

MUSIC | When it comes to punk cred, Hungarian-born Tomas Erdelyi — better known as Tommy Ramone — has almost everyone beat.

As the original drummer of the Ramones, he invented their break-neck style. As the producer of the first four Ramones albums, he pioneered the hard-edged, back-to-basics sound with which punk would forever be identified. And as the primary writer of the first song on the first Ramones album, "Blitzkrieg Bop," he gave punk its first and one of its best anthems.

"I got a guitar when I was 14, and there was a folk scene then in New York," said Ramone, 56. "I was



FAST TIMES: Now, Tommy Ramone and Claudia Tienan rock an old-time sound.

a guitar player; I only played drums with the Ramones. I was originally their manager, and we couldn't find a drummer for them, so I ended up playing drums."

So, what does the guy do for an

encore? How about bluegrass?

For the past three years, the only surviving founding Ramone has kept his musical surname but changed up his style. He now plays banjo, mandolin and dobro,

and sings lead vocals as half of the Americana duo Uncle Monk.

Together with former Simplistics singer-guitarist Claudia Tienan, Ramone has attempted to put a modern twist on old-time music. So far, the duo has released one album, a self-titled 2006 effort that's filled with crack playing and catchy tunes. It seems a long way from "Blitzkrieg Bop" to bluegrass, but it's really all connected if you listen closely.

"Underneath the framework it's very similar: basically simple songs — deceptively simple songs — but with lots of depth and meaning and emotion," Ramone said. "A lot of the Ramones stuff, underneath it is very folkish. ... I produced the album 'Road to Ruin,' and that has a lot of country and bluegrass elements on it if you listen to it." **TONY SCLAFANI**

→ *Jammin' Java*, 227 Maple Avenue E., Vienna; with *Robinella*, Tue., Oct. 7, 7:30 p.m., \$12; 703-255-1566.

thescene



David Sanborn's sax should satisfy jazz newbies and experts alike.

WEDNESDAY

Gist: Local indie rockers share a stage with Poor But Sexy and the Andalusians. Black Cat, 1811 14th St. NW; 8 p.m., \$10; 202-364-1919. (U St.-Cardozo)

David Sanborn: The saxophonist plays him some smooth jazz. Blues Alley, 1073 Wisconsin Ave. NW; 8 & 10 p.m., \$60; 202-337-4141.

The Wine Guys: Bob and Fred Lusklin wax poetic on Californian wine. Borders Books & Music, 18th & L streets NW; 6:30 p.m., free; 202-466-4999. (Farragut North)

THURSDAY

Antibalas: This Afro-funk outfit brings infectious beats. Black Cat, 1811 14th St. NW; 8 p.m., \$15; 202-667-4490. (U St.-Cardozo)

Apollo Sunshine: Alt-rockers are down from New England. DC9, 1940 9th St. NW; 9 p.m., \$12; 202-483-5000. (U St.-Cardozo)

Second Thursday Art Night: Torpedo is open late every second Thursday of the month. Torpedo Factory Art Center, 105 N. Union St. Alexandria; 6-9 p.m., free; 703-838-4565.

FRIDAY

Los Amigos Invisibles: Latin influences make this music dance-inducing. Black Cat, 1811 14th St. NW; 8 p.m., \$15; 202-667-4490. (U St.-Cardozo)

Oktoberfest Reston: Dancing and food from local restaurants, but mainly, beer. Reston Town Center, 11921 Freedom Dr., Reston; 3-11 p.m., free; 703-707-9045.

Explore our searchable list of the area's events, venues, restaurants and movies at Expressnightout.com/thescene.

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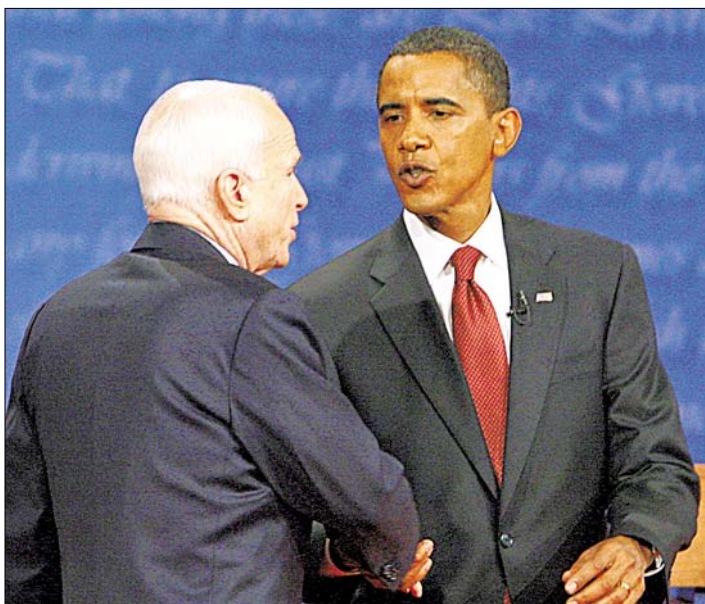
Avant Garde Enigma

As far as anyone knows, the Residents all have giant, brilliantly colored eyeballs for heads. That's how they represent themselves — after four decades and 60 albums, the group has remained completely anonymous.

2 This major quirk is our first clue that their music probably doesn't sound much like the Jonas Brothers'.

Rather, their brand of experimental-psych is full of eerie whispering and otherworldly instrumentals. If there's a fan of such avant garde trippiness in your life (you, for example), head to the 9:30 Club with them for a Twilight Zone-esque experience. **K.E.**

→ 9:30 Club, 815 V St. NW; 7 p.m., \$35; 202-265-0930. (U St.-Cardozo)



That's So Washington

1 We all need a place to watch the debates. Sure, your living room will do, but you live in the beating heart of the political world and don't you want to be surrounded by like-minded, smart Washingtonians who can laugh at the little jokes you make? Of course you do. That's why debate-watching parties exist at place like *Busboys and Poets*. The key: Get there early to snag a table and, subsequently, a good seat in the screening room. **F.Z.**

→ *Busboys and Poets*, 2021 14th St. NW; 9 p.m., free; 202-387-7638. (U St.-Cardozo)



All That Latin Jazz

The American art form known as jazz has been fused into burgeoning musical styles all over the globe in recent decades. One of the more dazzling among them is found in the tunes of Na'Rimbo, a marimba outfit from the Mexican state of Chiapas. Blending the music of the marimba (that large, xylophone-like contraption with wooden keys) with folk elements and traditional jazz instruments, Na'Rimbo's sound is of the never-before-heard variety. Catch the group tonight on the Kennedy Center's Millennium Stage. **K.E.**

→ Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600.

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Requires possession of a current license as a Dentist from the State Board of Dental Examiners, 4201 Patterson Avenue, Baltimore, Maryland 21215 & 3 yrs exp in the practice of dentistry with 2 yrs of the required exp in an institutional setting or a public health program.

Submit a MS100 application to Dept of Juvenile Services - OHR, One Center Plaza, 120 W. Fayette St., Balto., MD 21201. For further instructions & to download the MS100, go to www.djs.state.md.us or www.dbm.maryland.gov EOE

Director in Training

Childtime Learning Center seeks a friendly Director in Training for our Largo school. Must have one year mgmt exp. in a licensed childcare facility. Associate/Bachelor's in ECE or Bachelor's degree plus 45&90hr Certificate in ECE. Send resumes to jvianueva@learningcaregroup.com, or fax 301-961-8561. EOE

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INSIDE

Fey is a new millionaire author | 38



Blog Log: Redskins' wins not a fluke | 36

Discussions: 'Top Model's' Isis King | 36



PHOTOS BY ISMAEL GONZALEZ/PRENSA LATINA/AP

PURCHASING POWER: People buy bread, left, and a family is served ice cream, right, in Bayamo, Cuba, where customers who spend the Cuban peso receive more value for their currency than they do in other cities.

Business

A town's experiment gives the Cuban peso actual buying power

A communist experiment is letting average government workers in the eastern city of Bayamo, Cuba, enjoy a few things only foreigners and monied Cubans can usually afford: a good burger, a kicking jazz bar and stiff cocktails.

Across the rest of the island, monthly government salaries of 408 pesos, about \$19.50, don't cover grocery bills, let alone a night out. But in Bayamo, the central government has made a special effort to support peso businesses, giving the lowly currency actual buying power.

Along the stylish pedestrian mall known as "Paseo" or "The Boulevard," six blocks of restaurants, barber shops, ice cream parlors and department stores give Cubans a taste of tourist life at local prices. Jazz bands jam for free until 2 a.m. at the Piano Bar, where mojitos go for just 5.50 pesos, or 30 cents. A 1950s-style diner serves up tasty

Peso Paradise

Normally, there's a gap between quality of service to foreigners and ... Cubans."

ISIDRO ALONSO, BAYAMO, CUBA

meatball sandwiches for about half a peso — the equivalent of three cents — and four scoops of ice cream for about the same price.

"Almost everyone who comes in is surprised at first. The music is good. The cocktails are strong," said Ernesto Aldana of the Piano Bar, where the Cuba Libre — copious rum pours with ice and splashes of cola and lime — costs 4.80 pesos, the equivalent of less than 25 cents.

"It's like you're paying in dollars," Aldana said. "But you're not."

Under the country's dual currency system, most things Cubans want and need are not available in the money they earn — the regular Cuban peso, which is worth a little more than 4 cents. Virtually all upscale businesses across the

island are priced for foreigners in so-called convertible pesos worth \$1.08 each, 24 times as much.

Cuba has had two currencies since the collapse of the Soviet Union wrecked its economy and spurred its turn to tourism. Tourist businesses took U.S. dollars and charged U.S. prices, while the peso was maintained for everyday transactions.

The convertible peso, also called hard currency, was born around the same time but took on its current value in 2004, when the government banned the use of the U.S. dollar.

Cubans have long hoped the government would merge the two pesos and close the gap between the goods and services they and

foreigners can afford. But so far, nothing has changed under Raul Castro, who took over as president from his ailing brother, Fidel, earlier this year.

In Bayamo, a city of 140,000 and the capital of Granma province, leaders of the regional Communist Party began expanding peso businesses in 2005.

"Normally, there's a gap between quality of service to foreigners and service to Cubans," said Isidro Alonso of Bayamo's Communist Party's Committee on Ideology. "We are working to erase that."

However, rising global commodity prices have made Bayamo's government subsidies more costly, while Hurricanes Gustav and Ike in recent weeks dealt serious blows

to Cuban food production.

Despite the hurricanes and rising food prices, the Bayamo experiment is so successful that the central government in Havana is continuing to devote \$10 million this year to reopen some peso businesses and cover operating expenses of those already established, Alonso said.

There are ordinary peso businesses all over Cuba, but the products are shoddy and service is mediocre. Shortages of everything from potatoes to pasta mean most of the dishes listed on peso restaurant menus aren't available.

Contrast that with Bayamo, where a raw juice bar offers freshly squeezed mango or papaya juice for the equivalent of less than a nickel, and a fully stocked dairy stays open until 11 p.m. on Saturdays.

"Usually, without hard currency, you never go to restaurants; you never go out on Friday nights. But here you can," said local resident Vilna Lopez. WILL WEISERT (AP)

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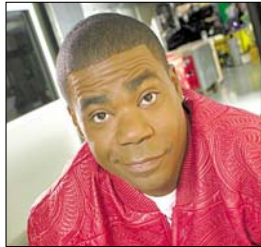
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TELEVISION

Kid 'Rock'

Season three of "30 Rock" doesn't premiere until Oct. 30, but the second season stores on DVD today. The show won multiple Emmys, but Tracy Morgan didn't — despite the hilariousness of his infantile character, Tracy Jordan. Meg Zamula compiled Jordan's top five moments during season two. | COMING UP



MUSIC

More Like Expanding

The duo Growing has been lumped with the ambient doom-metal scene. But with an opening slot on Wednesday's sold-out Hot Chip show at the 9:30 Club, plus a new CD, "All the Way," that's almost dancy, Growing is changing. Aaron Leitko spoke with guitarist Kevin Doria. | COMING UP



FOOD & DRINK

Fast Fasting

Yom Kippur fasting starts at sunset on Oct. 8 and lasts until sunset on Oct. 9. Leah Koenig, editor of the sustainable-food blog "The Jew and the Carrot," told Stefanie Gans five ways not to think about your stomach's growling like a shofar and picked some break-the-fast chow. | COMING UP

comment board

“Are you kidding?”

Alone, McCain and Palin would be insurance for 'SNL's' survival for the next four years."

COMMENTER NANCY, WHO ADDED, "TINA FEY WOULD HAVE A SMORGASBOARD OF PALIN ANTICS TO CHOOSE FROM."

“Since the comedians

are already going full tilt on McCain and Palin their only problem would be getting stale. They are so hands-off with Obama and Biden."

COMMENTER AMUSED, WHO ADDED, "THEY CAN'T FIGURE OUT HOW TO MOCK A BLACK PRESIDENTIAL CANDIDATE."



“The McCain-Palin ticket is already creating plenty of fodder for comedians. If they get elected, we'll have four years' worth of comedic interpretation to look forward to."

COMMENTER JAXON, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "WHICH TICKET WOULD PROVIDE MORE FODDER FOR COMEDIANS IF ELECTED?"

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

WHICH TICKET WOULD PROVIDE MORE FODDER FOR COMEDIANS IF ELECTED?

McCain, Palin 85%

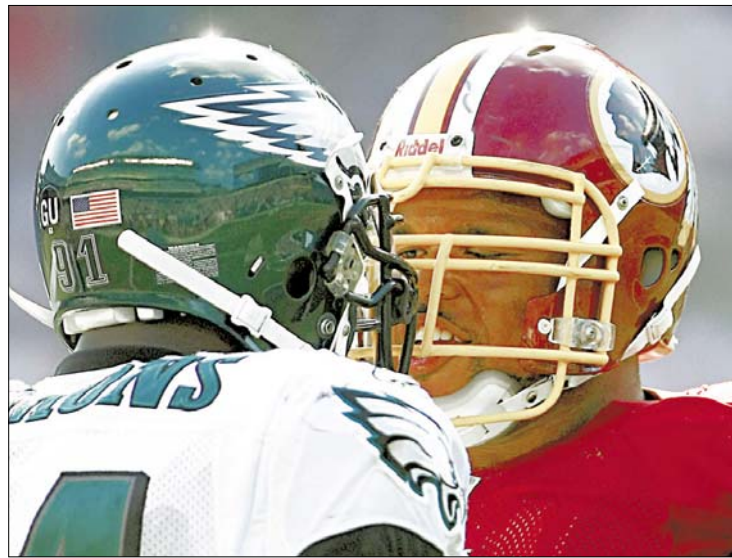
Obama, Biden 15%

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Blog LOG

“The Angels extended the ALDS, and O.J. is going to prison! By all objective measures, it was a very good weekend!”

THINKINGFOOL.COM TOOK PLEASURE IN TWO UNRELATED EVENTS THAT OCCURRED OVER THE WEEKEND, ADDING, “HERE’S TO HOPING THE WEEK IS EQUALLY GREAT.”



CHRIS MCGRATH/GETTY IMAGES

“This isn’t a fluke. Going back, the Redskins have won eight of nine regular-season games. They’ve finished the toughest part of the schedule.”

NFL.FANHOUSE.COM DOESN’T UNDERSTAND WHY EAGLES QB DONOVAN MCNABB SAID IMMEDIATELY AFTER LOSING 23-17 AT HOME THAT HE THOUGHT HIS TEAM WAS BETTER.



Discussions

‘Next Top Model’

Prince George's County native **ISIS KING**, the first transgender model to compete on the CW's "America's Next Top Model," was online Monday to talk about her life and the impact of her appearance on the show.



What type of feedback have you received? Do you get stopped on the street by fans of the show?

All the time now. For the most part, I've gotten very positive feedback. People notice me, want to take pictures with me, tell me I'm an inspiration.

Do you feel that your appearance

on 'ANTM' was a gimmick for producers to capitalize on, or do you feel that you were honestly and equally judged against your competition?

I feel like I was judged equally. I feel like I was brought on the show because of my performance last cycle as an extra; that was the main reason I was a contestant.

In typical 'ANTM' fashion, the producers made it sound like Clark and Hannah, especially, were acting like nasty trans-phobic witches. Was that actually the case, or were the producers making drama out of nothing?

For the most part, if the girls were faking it to me, I had no idea they felt like that. If they made comments to the camera, I had no idea. Me, personally, if I had problems with someone, I would say it. But everyone is brought up differently.

“Not every runner was flying across the finish line. Some runners were crawling. Some were dancing. Some were drooling. Some were rolling. And [some] were mumbling something like, ‘Just a few more steps.’”

F-OXYMORON.COM RAN THE ARMY TEN-MILER SUNDAY AND WAS PROUD TO FINISH.

“RECENTLY, METRO placed bus stops on Independence Avenue next to the Library of Congress on both sides of the street. They dug up the sidewalk, put in footers and put the nice glass bus stops up. Two weeks later, they are gone. Anyone know why? What a waste of money.”

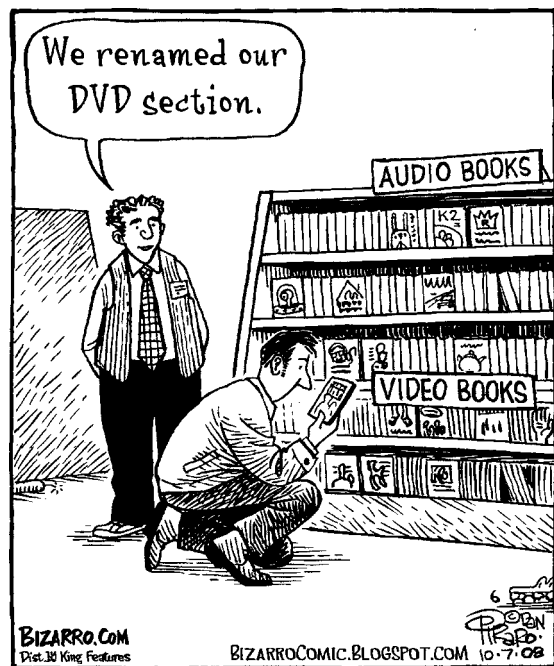
LIVINGINTHEDISTRICT.COM CAN'T FIGURE OUT WHY METRO WOULD INSTALL AND THEN REMOVE TWO BUS STOPS IN SUCH A SHORT PERIOD OF TIME.

‘ANTM’ is only one of two reality shows I watch. I was surprised to find out that you were “transgender.” Although I am a conservative Catholic, I did support you, especially in the face of your competition's petty snide remarks. Did they realize, I wonder, that they were engendering support for you — I came to support you as a competitor. It appeared to me, as a viewer, that their comments were causing you to lose the light.

Well, I wouldn't say it was the competitors, because I had no idea until after I watched the show. For the most part, they said it to the camera and not to me. Other than that, it was just a struggle for me. I tried to stay focused.

TODAY ON DISCUSSIONS: Michael Gumbel, an addiction specialist, discusses the difficulties of finding treatment in a suburban area at noon. | washingtonpost.com/discussions.

Bizarro | Dan Piraro

**Cornered** | *Mike Baldwin*

"I don't want to let you go. I'm being pressured by animal rights activists."

Horoscope

LIBRA (Sept. 23-Oct. 22) Keep your mind on your responsibilities, and don't get lost in a whirlwind of wishes and dreams. A realistic approach is required.

SCORPIO (Oct. 23–Nov. 21) Someone may be asking you to break some of your own rules at this time. Are you really willing to make this kind of sacrifice?

SAGITTARIUS (Nov. 22-Dec. 21) The advice of those in the know may actually mean little to you, as you are facing a situation that is, indeed, unique.

CAPRICORN (Dec. 22-Jan. 19) You may be afraid that someone is trying to cramp your style, but the fact is that you may not be willing to take on a new responsibility.

AQUARIUS (Jan. 20-Feb. 18) You may be caught in the middle as two parties at home or at work begin to work out their own tensions. You may have the answer.

PISCES (Feb. 19-March 20) You may find

yourself in a sticky situation. Concentrate on your primary objective, and don't get trapped in a web of intrigue.

ARIES (March 21-April 19) A message received in your absence contains important information that you cannot do without. Be sure to gather the facts as soon as possible.

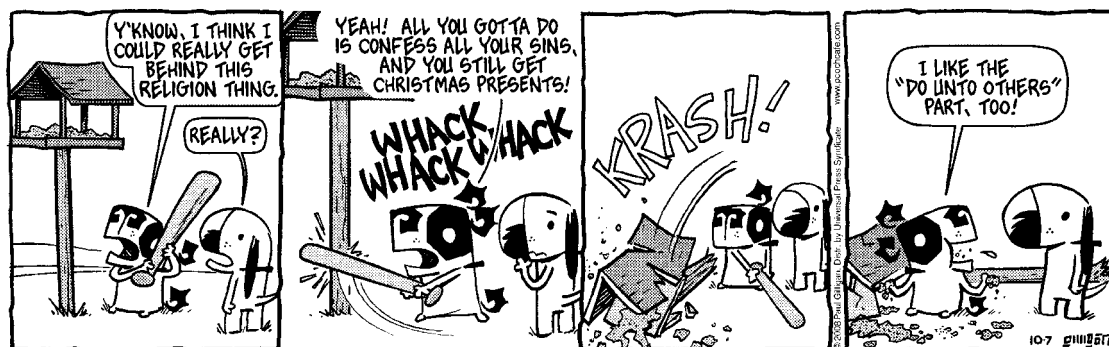
TAURUS (April 20-May 20) You can parlay a passing fancy into quite a profit—if not today, then certainly in the days to come. All you have to do is concentrate.

GEMINI (May 21-June 20) You can trust yourself to be discreet, so don't hesitate to take part in some kind of secret negotiations at this time.

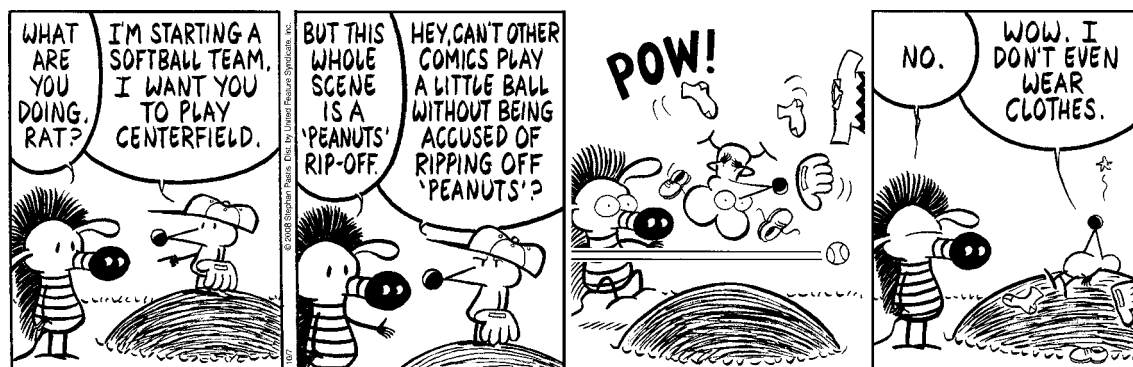
CANCER (June 21-July 22) You'll receive encouragement from someone who was once in your shoes. A new and important alliance may form as a result.

LEO (July 23-Aug. 22) You're not about to give in, and the competition may be fierce. Be ready for a contest that demands the utmost in strategy and endurance.

VIRGO (Aug. 23-Sept. 22) Concentrate on the little things, and you'll enjoy the response you get from others who end up paying you a great deal of attention.

Pooch Cafe | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*



Letters

NoVa Is Not 'Communist'

I AM TIRED of being made to feel like I'm not a true American because I'm not from a small town, I'm from the East Coast, or I have a good education. However, this is a new low — John McCain's brother called my

hometown of Arlington, Va., and Alexandria, “communist country.” I was born and raised in Arlington, Mr. McCain. We are patriots, we have good moral values, we are hardworking, and we love our country. Pitting people against each other might win an election, but it is not what’s good for this country.

—SARAH HUSBAND
Arlington, Va.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History



Schwarzenegger celebrates his victory.

Arnold Schwarzenegger governor.

2007 In a race run in scorching heat that left one man dead, Kenya's Patrick Ivuti wins the Chicago Marathon, and 250 runners are taken to hospitals.

PostPoints DAILY CODE **KK**

LOOK

out

People



Registered for an another 15 minutes.

MARRIED

A-List Commitment by B-List ‘Idol’ Draws C-list guests

American Idol season-six contestant **LAKISHA JONES** tied the knot with **LARRY DAVIS** Sunday at the Beverly Wilshire hotel. The 28-year-old fourth-place finisher’s big day was celebrated by guests including contestants Haley Scarnato, Melinda Doolittle, Sanjaya Malakar. (AP)

SEPARATED

DreamWorks, Paramount ‘Happy and Just Friends’

DreamWorks SKG and Paramount Pictures sealed their parting of ways on Sunday, allowing the DreamWorks studio to tie up with Reliance ADA Group of India to start a new film company. DreamWorks co-founder **STEVEN SPIELBERG** is on board but David Geffen will not join the new company. (AP)



PAYCHECK

Fey Earns 6 Zeros

Comedian, Emmy-winning TV star and Sarah Palin-lookalike **TINA FEY** has signed a book deal with Little, Brown Book Group, the company said on Monday, confirming a deal media reports said was worth millions. The New York Post has reported that the deal was worth more than \$5 million. (AP)



CASTING

Rumors of Infidelity Settled, Actor Returns to First Love: The Theater

MATTHEW BRODERICK will return to Broadway next spring in a revival of “The Philanthropist,” a comedy by English playwright Christopher Hampton. The Roundabout Theatre Com-

Man-child postpones “Dorian Grey.”

pany production, directed by David Grindley, will open April 26, 2009, at the American Airlines Theatre, Todd Haimes, the Roundabout’s artistic director, announced Monday. It will begin preview performances April 10. (AP)

ENGAGED

Van Halen: Hot for Publicist

The 53-year-old guitar god **EDDIE VAN HALEN** dropped to one knee and popped the question to his girlfriend, Janie Liszewski, a 38-year-old publicist, at a Tiffany & Co. store while vacationing in Hawaii, according to People. They reportedly will



tie the knot next June. This will be the first marriage for Liszewski, who became Van Halen’s publicist just in time to promote his band’s hugely successful reunion tour. (AP)

FAKE MEANY

American Playing Ignorant American Finds Role Easy

STEPHEN COLBERT was raised in South Carolina to be a Southern gentleman. But he spends his days being a jerk. It must be tough. Not really, says the Comedy Central star. “I was taught to be nice, so it’s not in my nature to be a jerk,” he told a crowd of fan, “but I do enjoy it.” (AP)

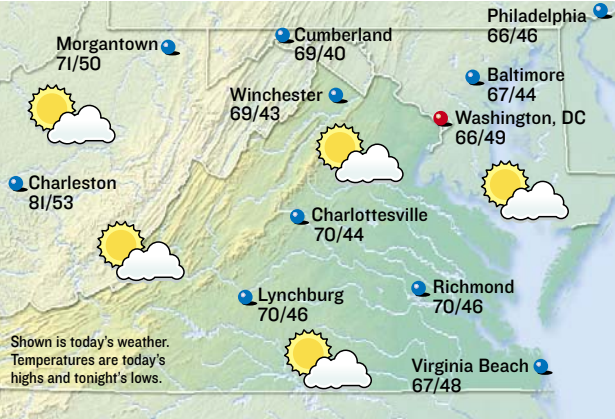


Colbert on Colbert: “He’s an idiot.”

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Clear, cool	Sunny	Partly sunny, a shower possible	Cloudy, chance of rain	Partly sunny
66°	49°	70° / 57°	75° / 60°	68° / 60°	77° / 62°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High 71°

Low 56°

Normal high 72°

Normal low 53°

Average humidity 51%

Precipitation

24 hours ending 4 p.m. 0.00"

Month to date 0.04"

Normal month to date 0.68"

Year to date 40.00"

Last year to date 21.64"

Normal year to date 30.84"

For up-to-the-minute weather, see: washingtontimes.com/weather

Regional Forecast

D.C. Metro: Today, mostly sunny. High 66. Wind north-east 4-8 mph. Tonight, clear. Low 49. Wind light, variable. Wednesday, sunny. High 70.

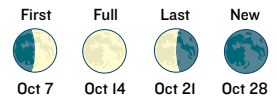
Sun and Moon

Sunrise today 7:10 a.m.

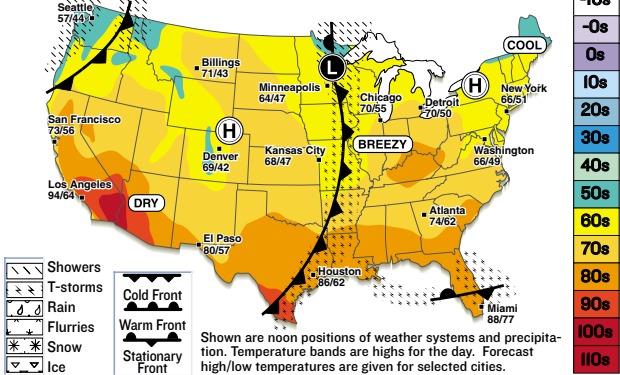
Sunset tonight 6:41 p.m.

Moonrise today 2:52 p.m.

Moonset today none



National Weather for Tuesday, October 7



National Cities

City	Today	Wed.
Atlanta	74/62/pc	68/59/t
Boston	61/48/s	69/52/s
Chicago	70/55/pc	67/51/c
Dallas	80/57/pc	83/54/s
Denver	69/42/s	75/40/s
Honolulu	87/74/s	87/74/s
Los Angeles	94/64/s	94/62/s
Miami	88/77/t	88/78/t
New York City	66/51/s	71/58/s
Orlando	86/71/t	87/71/t
Seattle	57/44/c	56/43/pc

World Cities

City	Today	Wed.
Amsterdam	61/52/sh	61/50/pc
Athens	74/59/s	75/61/s
Berlin	60/46/pc	63/46/pc
Buenos Aires	63/45/s	64/52/s
Calgary	59/35/c	47/28/pc
Dublin	57/46/sh	59/48/pc
Geneva	68/52/pc	57/48/sh
Moscow	57/45/r	52/39/pc
Rome	72/54/pc	74/55/c
Sydney	66/52/pc	66/55/pc
Tokyo	75/66/c	73/66/r

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOK out

CROSSWORD | SECOND AFTER SECOND

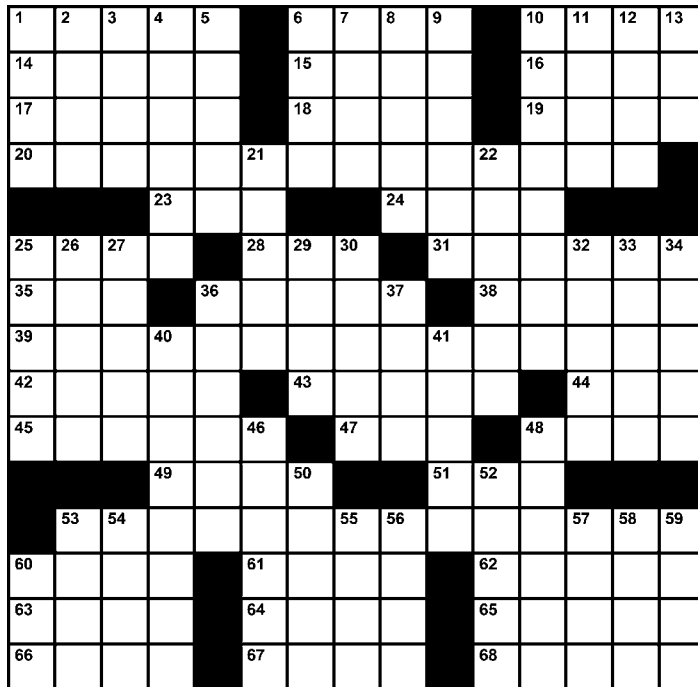
ACROSS

1 Home for alligators
6 Brake component, often
10 Apollo, to Artemis
14 They're used in Turkey
15 Regarding
16 Supreme Diana
17 Absinthe flavor
18 Jerusalem Temple locale
19 Square footage
20 Seconds
23 Actress/director
24 Hammer end
25 Canadian flag feature
28 Rather good at reading the news
31 Buckwheat, for one
35 Walk-____ (clients sans appointments)
36 Gondola's place
38 Timeless Christmas wish
39 Seconds
42 Hospital holding area, briefly
43 Yankovic parody
44 Disencumber (with "of")
45 Like some partners
47 Cariou who played Sweeney Todd
48 Electrolysis particles
49 Bird feeder substance
51 Has the wherewithal to
53 Seconds
60 Fiber source
61 Textbook chapter

62 One of the Osmonds
63 Talk like a madman
64 Botanical intersection
65 Papal proclamation
66 All tucked in
67 Shot up
68 Classroom furniture

DOWN

1 Wrestling maneuver
2 Sommelier's offering
3 Piece for Battle
4 Backbone of a mountain range
5 Pretentious poseur
6 Befuddled state
7 Egyptian fertility goddess
8 Tenement hangout
9 Hold a powwow
10 Lionel product
11 Robin's quest
12 Sympathetic listener's phrase
13 Intelligence org.
21 Clerk of the 4077th
22 It may be left holding the bag
25 Talkth like thith
26 Habituate
27 Colorado music festival site
29 Feed the kitty
30 Type of spray
32 Where the Mississippi meets the Ohio
33 Flip ____ (decide randomly)
34 Gives over for a



EDITED BY TIMOTHY E. PARKER

while

36 Lame excuse

37 Subject to a library

fine

40 Like some arrows

or pens

41 Chop finely

46 Mounted again, as

a picture

48 Enter with hostile

intent

50 Enrico Caruso,

for one

52 Gun-toting

53 Ali Baba, for one

54 Approach to the altar

55 Coney Island attraction

56 Worry

obsessively

57 Pupil's place

58 Nolte of "Tropic Thunder"

59 Word with

"along" or

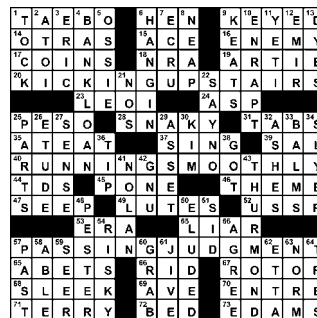
"around"

60 Woman's

support

system?

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

5	9	7	8	3	4	1	6	2
1	4	6	9	5	2	3	8	7
2	8	3	7	6	1	9	5	4
8	7	4	6	9	5	2	3	1
3	5	9	2	1	8	4	7	6
6	2	1	3	4	7	5	9	8
4	3	2	5	8	6	7	1	9
7	6	5	1	2	9	8	4	3
9	1	8	4	7	3	6	2	5

9		3						
		5	1					8
8			2	7		4		
			4					
	2	8					9	5
					1			
		9		6	2			3
4					9	5		
						6		7

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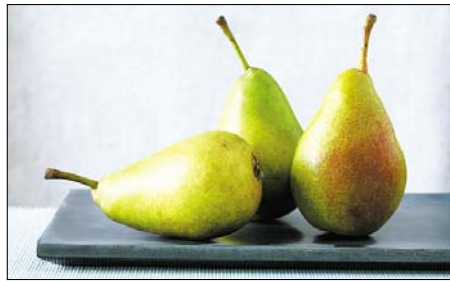
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ROCK THE WALK

Rename the fanny pack the Travel Pooch Sport (\$48, Lululemon), give it pockets for doggy treats and balls and your adult toys, and it's actually kind of cool. Even folks without Fidos may be tempted to slip on the adjustable waist strap and wander around town.



POWER TRIPS

Adrenaline seekers can plan a lifetime of vacations with "Ultimate Adventures: A Rough Guide to Adventure Travel" (\$25, Rough Guides). From trekking in the Karakoram to dogsledding in the Yukon, each entry comes with stunning photos and practical info.



CHEESE IT

Parfaits have their place. But wouldn't you rather consume the microorganisms that make yogurt so gut-friendly in grilled cheese form? Swap your cheddar for a slice of mild, creamy Applegate Farms Yogurt Cheese (\$5) — it's lactose-free, rBGH-free and packed with probiotics.

GUINEA PIG



Mountain Pose

■ Runners get it: Yoga can do wonders for their tight hamstrings and hip flexors. So, the mat pack has set its sights on other athletic endeavors in the form of SportsYoga With Billy Asad. The DVD series debuted with two titles: "Tennis" and "Ski" (\$18 each, Amazon.com).

As the latter was shot on a chalet-esque set — complete with artfully arranged boots — we opted for the winter sport. ("Tennis" is done outside on a court.) And we soon felt the fire crackling in our living room as Asad, a popular Yogaworks instructor, dove into his 30-minute power workout. The core section is particularly strenuous, presumably in order to keep your body steady for a day on the slopes. It doesn't skimp on leg work either. But the moves are easily accessible for anyone (that means you, too, dudes). The cueing is clear, and Asad keeps it simple — think green circles, not black diamonds.

He also offers a 12-minute "après ski" stretch session and a quick "before-the-slopes warm-up" using a ski pole. Both are sure to win converts to the mat mind-set. VICKY HALLETT (EXPRESS)



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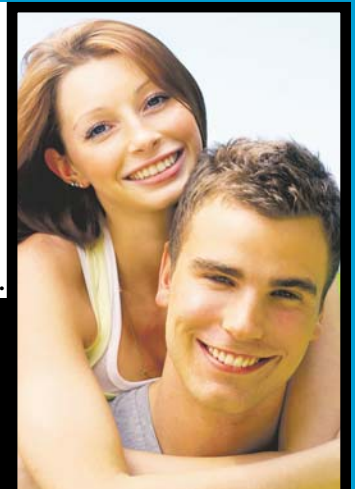
*New patients only.

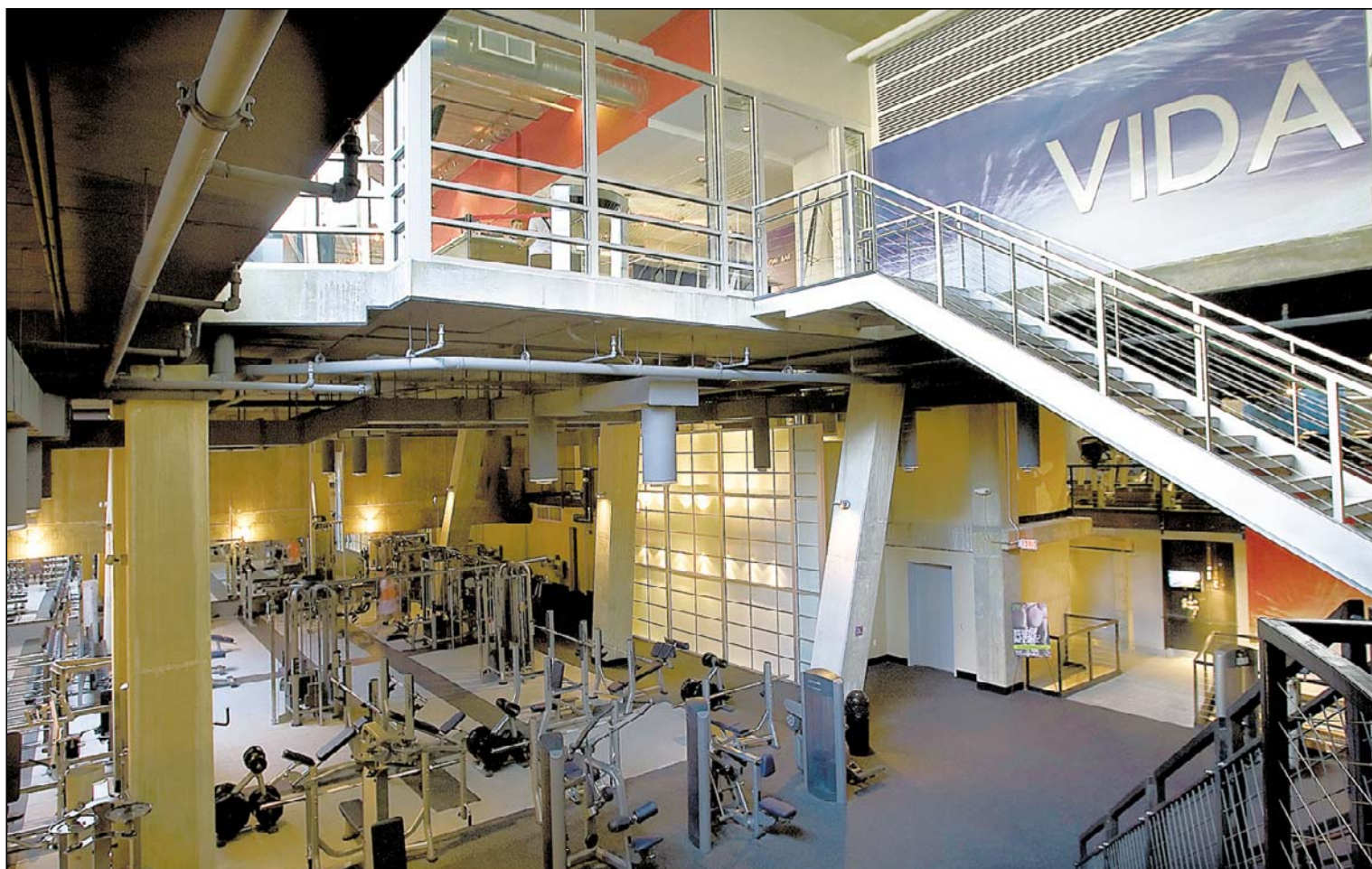
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The just-opened Vida in Logan Circle takes fitness to new heights — check out the 50-foot-high ceiling. Like other new clubs, Vida is outfitted with high-tech equipment.

You Can Find Me in the Club

Fancy technology and high-end aesthetics mark D.C.'s gym boom

The economy is not working out so well these days, but you might be, considering the number of gyms sprouting up (two — a new Vida and Results — opened just last week). Top-of-the-line equipment should help take your mind off financial crises. And if you invest your membership money wisely, you're sure to get a solid return no matter what happens on Wall Street.

Vida Fitness Metropole

"It's not just a gym," clarifies David von Storch, owner of Vida, indicating Bang Salon and Aura Spa. Located on the entrance level of the 28,000-square-foot space in Logan Circle, that's where folks can get blown out and body-wrapped before descending into the three floors of fitness downstairs. Sound cavernous? An

open design means huge windows on the street level are visible from two floors (and 50 feet) below. "It feels urban and sexy without feeling sexual," von Storch says.

It starts with a cardio area, featuring a D.C. exclusive: Real Ryder stationary bikes that shift from side to side to create more of a core workout. TVs are mounted on virtually every piece of equipment, but the real show may be downstairs, where the weights and machines are; they're divided by body part rather than grouped into circuits. Locker rooms lead to the Zen Spa, with two endless pools and a steam room.

→ 1515 15th St. NW, 202-588-5559, Vidafitness.com.

Results Gym Mount Vernon

There isn't a pool here, but there is pool. It's just the kind with an eight ball. A pingpong table completes the quirky game room that greets all visitors to Results' digs at City Vista, which were designed to maximize natural light. Think wraparound,

floor-to-ceiling, southern exposure windows — providing quite a view of the developing neighborhood.

But there's plenty to see inside, too. The abs area has TVs loaded with class content, so you can be guided through a core workout. Peek through an aquarium to spy on the co-ed Jacuzzi. A disco ball winks from the ceiling of the cycling studio. And there's a low-tech but clever innovation: "express" lockers on the fitness floor for people who want to lock something up quickly but have no need to change or shower. Owner Doug Jeffries seems almost giddy about the new Hoist line of weight equipment, which makes you move your own body in addition to the traditional weights. "It's more fun because the body rocks. Anyone who does this has a smile on their face," he says.

→ 445 K St. NW, 202-234-5678, Resultsthegym.com.

Rockville Life Time Athletic

Of all of the wonders packed into this

67,000-square-foot facility, manager Ken Corbett says the biggest draw in the month it has been open has been a person: Robert Sherman, the group exercise director. After 15 years of running F.I.T. in Bethesda, the master trainer closed his studio this summer to join Life Time. At one point last week, the club had 375 members participating in simultaneous group exercise classes.

The vast spa "is like something you'd see at the Bellagio in Vegas," Corbett boasts. As for the gym, there's a functional training area, room for one-on-one Pilates, two projector TVs in the cycling studio (they show clips from the Tour de France to motivate riders) and three brands of equipment "to suit everybody's taste." The child care center has 10 computers and a jungle gym.

→ 1151 Seven Locks Road, Rockville, Md., 240-314-7022, Lifetimefitness.com.

Fitness First Arlington

Construction is still under way, but general manager Devin Maier promises the 20,000-square-foot club —

the largest in the local chain — will open by Nov. 1. The bigger footprint allows the club to have plenty of cardio and weight equipment while also devoting significant space to a functional training area, with pull-up bars, kettlebells and other gym toys. And since it's smack-dab in the office-heavy Courthouse area of Arlington, the club is planning to woo the lunchtime crowd with free parking (although it's just two blocks from the Metro) and two 45-minute "express" classes every weekday between noon and 2 p.m.

Currently, enrollment is an even better bargain than the club's already reasonable rates at other locations — \$31 per month for a yearlong contract. Did we mention that includes free personal training?

→ 1310 N. Courthouse Road, Arlington, 703-276-0000, Fitnessfirstclubs.com.

Washington Sports Clubs Columbia Heights

Even Sen. Barack Obama has checked out the newest Washington Sports Clubs location, on the third floor of the DC USA complex above Target. It's no wonder. Besides the usual amenities of cardio equipment, weights and various exercise studios, the mega-gym boasts a four-lane, 75-foot-long pool and a basketball court (which can also be set up for volleyball and soccer — general manager Gonzalo Perez-Tamayo says to look for leagues for all three sports in the future). It's particularly kid-friendly, with a playroom for child care, along with a swimming program. There's also a party room that can be rented for birthdays. Best of all for parents is the family locker room, which offers private clothes changing areas and showers so moms and dads can stay with their children en route to and from the pool.

→ 3100 14th St. NW, 202-986-2281, Mysportsclubs.com. VICKY HALLETT (EXPRESS)



→ It's time to perfect those b-boying skills because MTV is hunting for "America's Best Dance Crew" contestants. Local auditions will be held Oct. 16 at the B. Funk Dance Company (10291 Baltimore National Pike, Ellicott City, Md.). For more: Myspace.com/dancecrewcasting.com.

The Burst That Could Happen

Interval training allows exercisers to push harder and do better

The words "interval training" can strike fear in the hearts of even the most athletic men and women. Alternating periods of high-intensity work with recovery may sound simple enough, but those intense bouts can leave the exerciser gasping for air.

It's that intensity that ultimately reaps great benefits, including strengthening the heart and improving the cardiovascular system, which is why personal trainers tend to favor interval training. Here, three trainers explain how to integrate interval workouts into an exercise plan.

TONY AMBLER-WRIGHT Scottsdale, Ariz.-based master instructor for the National Academy of Sports Medicine:

We take our clients in and out of three zones: Zone 1 is 65 percent to 75 percent of your maximum heart rate, and Zone 2 is 80 percent to 85 percent of your maximum heart rate. Zone 3 is 85 percent to 90 percent of your maximum heart rate, and you usually don't want that to comprise more than 10 percent of your total training volume for the week because it's so intense. But ultimately the goal is to get everyone to that point where they could exercise at that level of intensity.

You should be able to sustain the upper level of Zone 1 for 30 minutes before trying to do some interval



GETTY IMAGES

training. If you're able to do half an hour to 45 minutes in zones 1 and 2, you're a good candidate to incorporate some Zone 3 work in small intervals, within a workout that utilizes zones 1 and 2.

If people have a structured workout, then they have to get in and out of their heart-rate zones at set times. Because they're so focused on adjusting the time and intensity, they lose track of how much time they're spending exercising. Most people say, "Wow, the time really flew by."

BRIAN CINADR Personal trainer and co-owner of Canyon Athletics in Santa Monica, Calif.:

Doing interval training is in some ways less burdensome than the idea of going out and running for an hour. That's a grind. This is up and down, which keeps it a bit fresh. You can walk, then stop and do a set of squats or push-ups. You're going to get some body shaping and strength and flexibility benefits, and you're going to raise your heart rate more than just by walk-

ing because you're pumping blood to your upper body.

I think you should always do intervals, but you should vary the intensity. If you're working out four times a week, maybe you'll have one day when those intervals are really intense and you're going to push yourself. And then there are going to be days you're going to cruise at 70 percent. Don't drive the intensity every time. You want some recovery time and you want to mix it up.

KELLY STEMPE General manager and personal trainer at Vert Fitness in Santa Monica, Calif.:

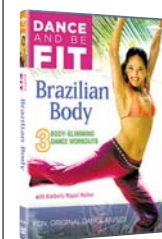
If you're doing cardio, try a 2-1 ratio. So if you're on the elliptical trainer, do a 30-second sprint with a minute at an easy pace. But you can also spread it out, especially if you're just starting. So if you're doing a 30-minute workout, you could sprint five times for 15 to 30 seconds. Then you can add in one more interval the next week, then the next week go back down to five, then back up to six. Don't keep upping it all the time because it will make you more prone to injury.

Doing intervals shocks your system — if you don't do them, then you plateau. If you're going at the same pace for months, eventually your heart rate is going to be lower doing the same amount of work (because it adapts). The heart is a muscle, and intervals make the heart stronger, so it can pump more blood per heartbeat. You can't make that happen by doing the same thing you've always done. JEANNINE STEIN (LOS ANGELES TIMES)

HOME BODY



Salvador Shake



■ Looking for a little culture with your cardio? Take a lesson from Kimberly Miguel Mullen, whose new DVD "Dance and Be Fit: Brazilian Body" (\$15, Acacialifestyle.com), takes viewers through segments devoted to samba reggae, maculelê and capoeira. If those don't sound like same old moves, it's because Mullen is a dance ethnologist, who specializes in the northeastern part of Brazil, a region where African slaves, Portuguese immigrants and indigenous people interacted to create new movement traditions.

Twelve minutes isn't nearly enough time to master any of these three dances, but Mullen tries to give viewers at home a quick taste. "It's a warrior stick fighting dance," she says of the maculelê. "When we clap, that's when the sticks would be coming together." Samba reggae (which reigns during Carnival) has more recent roots. "It was influenced by Bob Marley," Mullen explains. And capoeira is a martial art disguised as a dance, developed during the time of the slave trade. Her idea was to take these high energy dances and "translate them to the fitness realm." The hopping mimics a standing crunch and big arm movements tire the upper body, but if viewers get entranced by dance, Mullen thinks they won't mind. And even if they're not being entirely accurate, with every step, they're getting closer to the South American nation's renowned physique. "They developed the thong. Who doesn't want a Brazilian body?" she says. Probably more people than she'll ever be able to shake a stick at. VICKY HALLETT (EXPRESS)



TRAIL BLAZER

Cycling the City State by State

■ Texas in Southeast? Yee-haw! Alaska in Northwest? You betcha. For the fifth year, the Washington Area Bicyclist Association's **50 STATES AND 13 COLONIES RIDE** lets D.C. denizens explore the nation's fifty nifty within D.C.'s borderlines.

Head to Adams Morgan's Walter Pierce Park this Saturday (8-9 a.m.) to pick up a cue sheet for directions to the 63-mile adventure that'll have you zig-zagging throughout the District. There's no real rhyme or reason to the course, says event planner Henry Mesias — you'll fly down a steep hill only to sharply turn to huff and puff up another — but this is not "for the person who just rides on the Capital Crescent or Mount Vernon trails," he says. "This is for someone who is completely comfortable riding in the streets." Unlike the recent Bike D.C., which had roads blocked off for the family-friendly ride, this event is unsupported. Cyclists should be prepared to pedal with weekend traffic. Still, there will be three pits stops along



COURTESY OF WABA

Pedal from AL to WY this Saturday.

the way (for water refills, Cliff Bars and road assistance). And those who register by tomorrow (Waba.org, prices vary) have the option of ordering a California Tortilla lunch — Not a bad idea since Mesias says it'll take five to seven hours to finish. Too long? Try the 13 Colonies Ride instead, which clocks in at 15 miles. And if patriotic athleticism isn't enough to inspire you, perhaps the draft specials and food discounts at the 4-7p.m. afterparty at Bourbon (2348 Wisconsin Ave. NW, 202-625-7770) will. Ride on. KRIS CORONADO (EXPRESS)

EATING IN



LARRY GROVE/AP

Greens, Tomato and White Bean Soup

Soups — especially those that are broth-based — are an excellent way to fill up on vegetables and liquid, which is a good strategy for consuming fewer calories without feeling deprived. Making soup from scratch is the best way to control the nutritional content.

INGREDIENTS

- **1 TBSP** olive oil
- **1** small yellow onion, chopped (1 cup)
- **1 TBSP** minced garlic
- **TWO** 14 1/2-ounce cans reduced-sodium chicken or vegetable broth
- **14** 1/2-ounce can diced tomatoes, with juice
- **1/2 CUP** whole-grain orzo or other small shape pasta
- **1/4 TSP** crushed red pepper
- **1/4 TSP** ground black pepper
- **1/2 CUP** water
- **15-OUNCE CAN** white kidney beans, rinsed
- **4 CUPS** chopped dandelion greens or escarole (about one bunch)

30 MINUTES, SERVES 4

IN A LARGE POT over medium-high, heat the oil. Add the onion and garlic and saute until the onions are soft and translucent, about four minutes.

Add the broth, tomatoes, orzo, red pepper flakes, black pepper and water. Bring the soup to a simmer and cook until the pasta is tender, about six minutes.

Add the beans and greens, and then cook, stirring often, until the greens are tender, about another five minutes. Serve sprinkled with Parmesan cheese. (AP)



279 calories, 16 g protein, 36 g carbs, 8 g fat, 5 mg cholesterol, 473 mg sodium, 8 g fiber

Bananas Appeal, but Figs Fix

Round out your fruit repertoire with more exotic, healthy offerings

Though Americans are eating more fruit these days, more than half are the old standbys: bananas, apples and oranges. Yes, they're good for you — but you're missing out. "Different fruits provide an array of disease-fighting vitamins, minerals and antioxidants," says Joy Bauer, author of "Joy Bauer's Food Cures."

Ready to mix it up? Here's a primer on some of the smartest "exotic" picks based on their health benefits.

For perfect blood pressure

GOOD: Bananas

BETTER: Fresh figs

Six fresh figs have 891 mg of blood pressure-lowering potassium, nearly 20 percent of your daily need — about double what you'd find in one large banana. In a recent five-year study from the Netherlands, high-potassium diets were linked with lower rates of death from all causes in healthy adults age 55 and older. Figs are also one of the best fruit sources of calcium, with nearly as much per serving (six figs) as 1/2 cup of fat-free milk.

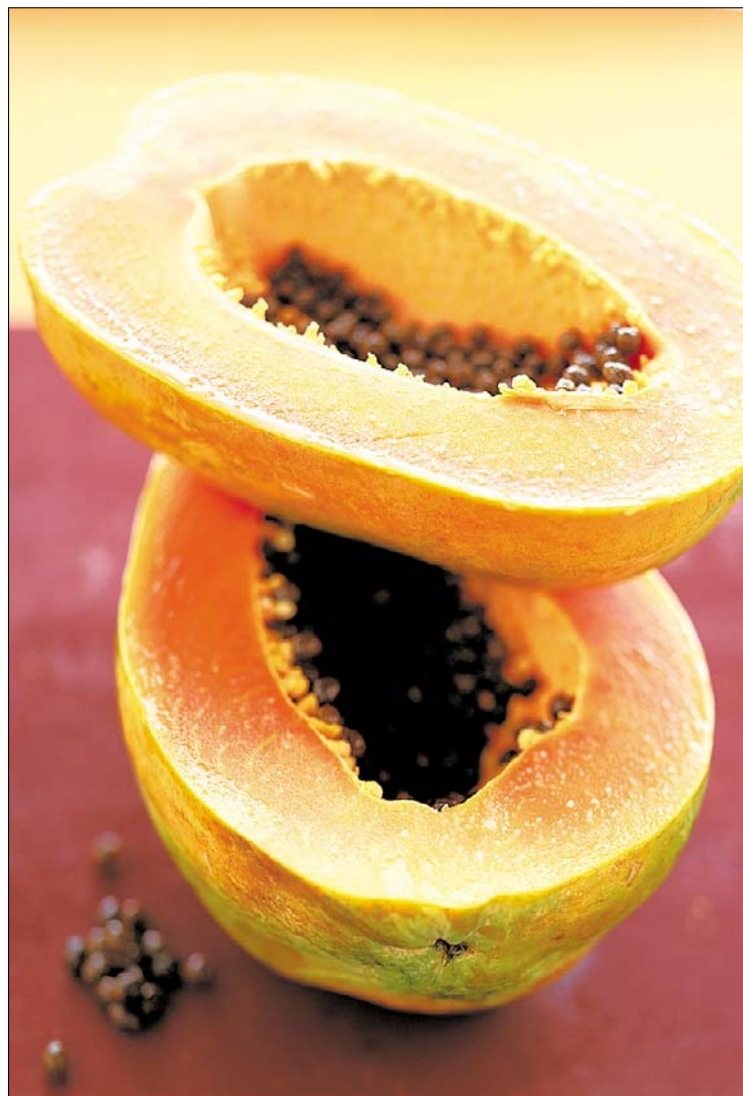
Shop for figs that are dry on the surface and feel heavy in the hand. A perfectly ripe fig may have slight cracks that are bursting with the fruit's sweet syrup. Serve by chopping and adding to yogurt, cottage cheese, oatmeal or green salads. Or, enjoy them as a savory snack: Cut a slit in the side and stuff with 1/2 teaspoon of a low-fat version of a soft cheese such as chèvre or Brie.

To protect your heart and fight disease

GOOD: Red grapes

BETTER: Lychees

A French study published in the Journal of Nutrition found that lychees have the second-highest level of heart-healthy polyphenols of all fruits tested — nearly 15 percent more than the amount found in grapes (cited by many as a polyphenol powerhouse). The compounds may also play an important role in



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Serve papayas instead of boring watermelon for extra cancer-fighting power.

the prevention of degenerative diseases such as cancer.

Shop for lychees with few black marks on their rough, leathery shells, which can be anywhere from red to brown in color. Look for fruit that gives when pressed gently. Shells should be intact and the fruit should be attached to the stem. Serve by peeling or breaking the outer covering just below the stem; use a knife to remove the black pit. Add to stir-fries or skewer onto chicken kebabs to add a sweet, grapelike flavor.

For beautiful skin

GOOD: Oranges

BETTER: Guavas

One cup of guavas has nearly five times as much skin-healing vitamin C (it's a key ingredient in collagen production) as a medium orange (377 mg versus 83 mg) — that's more than five times your daily need. Women who

eat a lot of vitamin C-packed foods have fewer wrinkles than women who don't eat many, according to a recent study that tracked the diets of more than 4,000 American women ages 40 to 74. Guavas can protect against foodborne pathogens such as Listeria and staph, according to research by microbiologists in Bangladesh

Shop for guavas using your nose. A ripe guava has a flowery fragrance, gives a bit to the touch, and has a thin, pale-green to light-yellow rind. Serve by adding to fruit cobbler recipes (the tiny seeds are edible) or simmer chunks in water as you would to make applesauce. Guavas also make a super smoothie: Blend 1/2 banana, 1/2 ripe guava, a handful of strawberries, 1/2 cup soy milk and a few ice cubes.

To lower cholesterol

GOOD: Apples

BETTER: Asian pears

One large Asian pear has nearly 10 gram of cholesterol-lowering fiber, about 40 percent of your daily need; a large apple has about half that much. People who ate the most fiber had the lowest total and "bad" cholesterol levels, according to a recent study of Baltimore adults. The same researchers found that people who ate the most fiber also weighed the least and had the lowest body mass index and waist circumference.

Shop for pears with a firm feel; fragrant aroma; and blemish-free, yellow-

Varying your fruit intake can inject disease-fighting vitamins into your diet.

brown skin. Some pears are speckled in appearance; the markings shouldn't affect flavor. Serve by dicing it into a salad of Boston lettuce, crumbled goat cheese, walnuts and mandarin oranges. Or, make it a dessert: Add peeled and cored pears to a saucepan with 1 cup white wine, 1 teaspoon honey, 1 teaspoon grated fresh ginger, and enough water to cover the pears. Cover and simmer 40 minutes or until pears are soft.

To fight cancer

GOOD: Watermelon

BETTER: Papayas

It is one of the top sources of beta-cryptoxanthin, which research suggests can protect against lung cancer. Like watermelon, it is also a rich source of lycopene, which may protect against several other types of cancer. Plus, papayas may help speed burn recovery when used topically, thanks partly to the enzyme papain, which also aids in digestion.

Shop for a papaya with yellow-golden skin that yields to gentle pressure. Serve by cutting lengthwise and discarding black seeds. Scoop the flesh using a spoon and sprinkle with lemon juice. Or combine chopped papaya, mango, red bell pepper, red onion, raspberries, lemon juice and cilantro for a fruit salsa. Serve over grilled fish.

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STETHOSCOPE

ADDICTION

Theory Up in Smoke

■ There's a theory that people smoke because they're too dumb to understand the health risk. But according to findings reported in the journal *Psychosomatic Medicine*, there's almost no relationship between IQ and naughty smoking habits. In fact, the men in the Swedish study with lower IQs were at a lower risk of being heavy smokers than their smarter counterparts. And even if brainiacs figure out that it's a bad idea to puff, they have just as hard a time quitting as those who aren't as smart.



ALCOHOL

Wine: Wonder Drink

■ Maybe you didn't need any more reasons to sip red wine, but scientists have two more for you. That wonder compound resveratrol may protect cells from radiation damage, according to University of Pittsburgh School of Medicine researchers who have experimented on mice (but not humans). And University of Utah researchers are saying resveratrol helped their mice, too — this time, by helping ones with multiple sclerosis gain weight.

BEHAVIOR

Queen Bees and Boys

■ Rumors are always swirling in the world of "Gossip Girl," so here's a new one: Maybe that ubiquitous blogger is actually — gasp! — a boy. A team at the University of Arizona studied children and teens, and found that guys are just as likely as gals to be socially aggressive. That means, like, you know, not letting a kid sit with them at the cool table or telling everyone on MySpace that Little J is sleazy. The notion that girls are meaner seems to come from pop culture, not reality, the researchers note.

More Than One Way to 20/20

Move over, Lasik. There are new options for folks on a vision quest

Sick of needing your specs to find your contact lens case? Before you dial 1-800-LASIK, consider this: One in four patients who ask for the procedure are considered poor candidates, so they're less likely to end up with eagle eyes and more likely to experience side effects such as dryness and glare, says Helen Wu of Tufts University's New England Eye Center. Fortunately, these alternatives can also get you looking sharp.

Lasik

\$1,000-\$2,500 PER EYE Best for those with healthy corneas who are mildly to moderately near- or farsighted. Your vision must also be stable (meaning your prescription hasn't changed in the past year). The surgeon cuts a small flap of tissue on the eye's surface. A computer-guided laser then reshapes the cornea underneath and the flap is repositioned.

PROS You'll see clearly within 24 hours with minimal discomfort.

CONS Doubles matches are out for a month or so — getting hit in the eye soon after Lasik could displace the flap of tissue. Nerve receptors that tell your brain to make tears can sometimes get snipped during surgery, leaving your eyes feeling dry and gritty.

Wave Front-Guided PRK

\$1,500-\$2,700 PER EYE Best for people



with thinner corneas or dry eyes, and athletes who don't want to take the month off after Lasik. One of the riskiest parts of Lasik is the incision. This technique requires no such cut: Instead, a laser is used to create a 3-D map of your eye, and then a second laser reshapes the top layer of the cornea.

PROS Because there's no cutting involved, there's also no risk that you'll need to stock up on artificial tears.

CONS Your vision will be blurry for four to six days. And because part of the top layer of the eye is removed,

the risk of infection is higher than it is with Lasik — 1 in 1,000 compared with 1 in 10,000.

Phakic Intraocular Lens Implant

\$2,600-\$4,000 PER EYE Best for people who are severely nearsighted or have thin or unusually shaped corneas. The soft plastic lens — think of it as a permanent contact — is inserted either in front of or behind the iris. (Don't worry, you can't feel it once it's in place.)

PROS You'll be able to make out the digits on your alarm clock the

next morning. And if you have a change of heart, the lenses can be removed.

CONS The procedure has been available for only a few years, so long-term side effects aren't very well known. Rare complications include infection or damage to the iris.

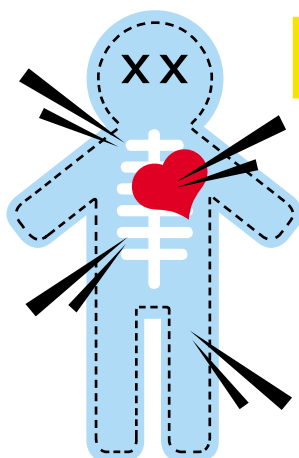
Refractive Lens Exchange

\$2,000-\$4,500 PER EYE Best for patients who are extremely far-sighted (+6 or more) or who have cataracts or are at high risk of developing them. Taking intraocular implants to the next level, this procedure actually replaces your eye's natural lens with a soft plastic one.

PROS Docs have been performing this procedure for years on patients with cataracts, which affect more than 20 million Americans age 40 and over.

CONS In severely nearsighted patients (with a prescription worse than -8), the procedure carries an increased risk of retinal detachment, which requires a second surgery to fix — if it can be fixed at all. LOREN CHIDONI

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hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Are you dizzy? Are your ears ringing, buzzing or roaring? Is your hearing going in and out? You could have **MENIERE'S DISEASE**, also known as endolymphatic hydrops. It usually starts with attacks of vertigo that last up to 24 hours, accompanied by vomiting, diarrhea and other ills. There's no test for it — doctors usually diagnosis it by ruling out all other possibilities — and no cure. Symptoms stem from a buildup of fluid in a part of the inner ear called the "labyrinth." But what causes the fluid change is unknown, though it's been linked to autoimmune disorders, allergies, head or ear trauma, and syphilis. A low-salt diet can help prevent attacks; severe cases may require surgery. SOURCE: MERCK MANUAL, NIDCD.NIH.GOV



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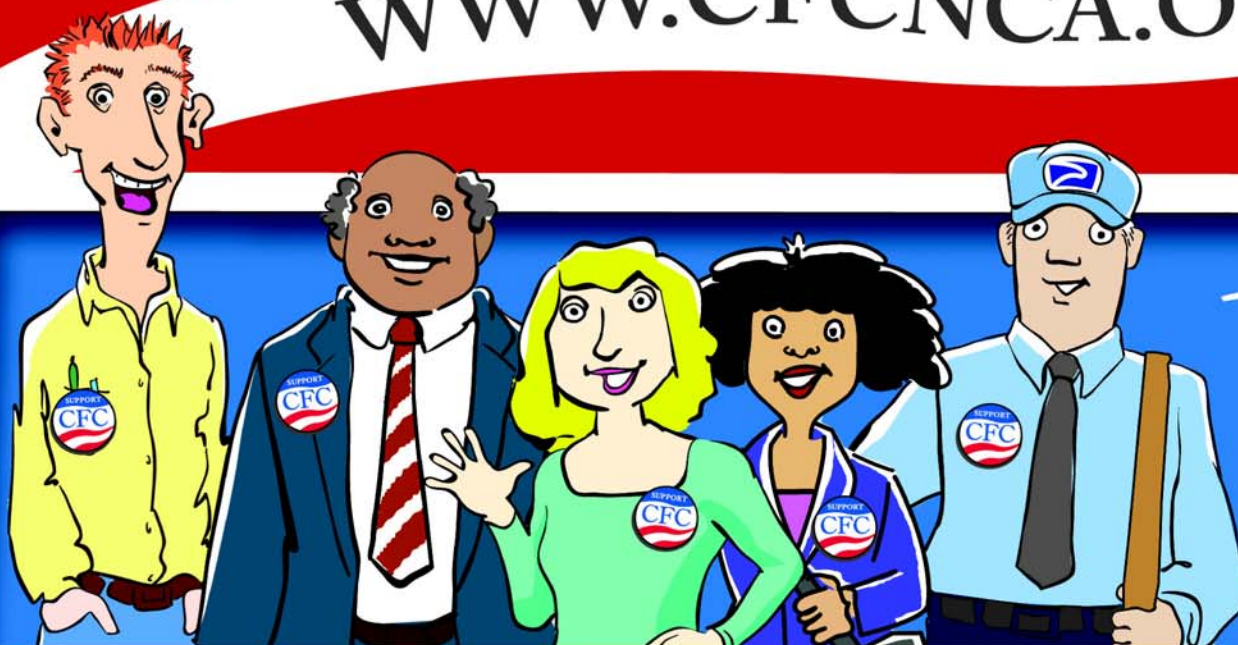
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BE A STAR!

S U P P O R T
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OF THE NATIONAL CAPITAL AREA**

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**— WE'RE FEDERAL
EMPLOYEES, AND
WE APPROVE OF
THIS MESSAGE!**

**The 2008 Combined Federal Campaign starts today.
Our goal is \$61 million. This year everyone can be a star!**



A Campaign Welcome From The Honorary Chair

Dear Friends and Colleagues:

Thanks to Federal employees in the Washington Metropolitan Area, the Combined Federal Campaign of the National Capital Area (CFCNCA) remains the largest and most successful employee workplace giving campaign in the world.

Last year, the campaign experienced a fifth year of unprecedented growth, once again increasing the total amount raised. CFCNCA is the keystone of philanthropy for 4,000 charities. Your contributions have helped people who live around the corner, across the nation, and throughout the world. CFCNCA is stronger than ever, thanks to you, and that is very good news for those who find themselves in need.

This year's campaign theme is "Be

a Star in Someone's Life! Support CFC." By making a contribution, by serving as a volunteer, or by giving from your heart to help those in need, you bring light into someone's life. Through your selfless actions and overwhelming generosity, you stand behind those organizations working to improve the lives of others.

To newer employees and our colleagues who have not yet given, we ask you to be a star in someone's life. Contribute to the charity of your choice and experience the satisfaction that comes from giving to others. Donating through the CFCNCA through payroll deduction is a voluntary commitment to make a difference for people and organizations that truly need assistance.

Please give generously. Look for organizations in the 2008 Catalog of

Caring or search and pledge on the CFCNCA website (www.cfcnca.org) to find charities that are meaningful to you. You are important to them. You are a star every day when you help others help themselves.

Since this is an election year, we will hear many debates. But one item that cannot be debated is the impact your donation provides when you give through the Combined Federal Campaign.

With appreciation,

Admiral Thad W. Allen
2008 Honorary Chair, Combined
Federal Campaign of the National
Capital Area



Admiral Thad W. Allen

White House
Announces Honorary
Chair, see article
on page 4.



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Real Needs. Real Results.



CFCNCA Campaign Season Begins

2008 Campaign Elects Goal of \$61 Million

No matter what worthwhile causes you choose this fall, you can Be a Star in Someone's Life. The Combined Federal Campaign of the National Capital Area (CFCNCA) urges your support for the CFC-funded charities that make up this year's campaign. By choosing to support one or more of these charities, you can provide a helping hand to those in need.

With a theme of "Be a Star in Someone's Life! Support the CFC," the 2008 CFCNCA campaign is reaching out to the nearly 350,000 Federal employees in the Washington Metropolitan Area, and setting a goal of raising a record \$61 million dollars for local, national, and international charities in the annual fundraising event.

"CFCNCA is asking everyone to choose to make a difference in the lives of people who really need help," said Renée Acosta, president and CEO of Global Impact, administrator for the 2008 campaign. "Nearly 4,000 charities are working to make health and welfare services readily available in communities everywhere from Clarendon to Chicago to China," she added.

The CFCNCA remains the largest and most successful employee workplace giving campaign in the world, with 42 percent of Federal employees in the Washington, D.C., area donat-

ing last year. In the 2007 campaign, CFCNCA had its fifth straight year of unprecedented growth for a campaign of this magnitude.

In addition to its goal of \$61 million, CFCNCA has set the following benchmarks for the 2008 campaign:

- Reach all 350,000 potential Federal employee donors with an informed opportunity to give;
- Increase the participation rate from 42 to 44 percent;
- Increase the average gift by 5 percent, from \$412 to \$433; and
- Increase the overall number of donors by an additional 7,000 employees.



To facilitate the campaign, 38 Loaned Executives from various government agencies have been deployed to help with training volunteers, assisting Campaign Managers, and speaking at campaign events. Visit www.cfcnca.org for a complete list of this year's Loaned Executives and their assignments.

Be a Star in Someone's Life!

CFCNCA will roll out the 2008 "Be a Star in Someone's Life!" creative approach, including public service announcements, posters, and a CFC star logo, over the course of the fall campaign. CFCNCA anticipates that Federal departments and agencies will once again display their own creativity as they customize promotional materials for their employees and stage events, that are not only fun, but also raise much-needed dollars for those in need.

"Federal employees across the Washington Metropolitan Area have made incalculable contributions to their own lives and to those

Continued on page 4

When Disaster Strikes, Who's With You?

FEEA noun "FEE-uh": The only charity devoted solely to federal families. Carrying out our ambitious mission to provide emergency aid and merit-based scholarships with just eight employees and an overhead rate of six percent. Funded by small donations from federal employees like you.

CFC Pledge #11185

FEEA grant recipient and hurricane survivor Burnetta of the U.S. Postal Service

www.FEEA.org





Campaign Season Begins

Continued from page 3

of the most vulnerable people among us," says outgoing Local Federal Coordinating Committee Chair Vince Micone. "Thanks to tireless public servants like you, charities in our own backyard, across the country, and around the world will be able to improve the lives of people most in need. Your overwhelming generosity and support for those you help but may never meet truly make you shine."

Please give generously. Locate participating organizations in the *2008 Catalog of Caring* or search the CFCNCA website (www.cfcnca.org) to find charities that are important to you and pledge a donation. ★



White House Announces Honorary Chair

President George W. Bush announced that Admiral Thad W. Allen, Commandant of the U.S. Coast Guard, has agreed to serve as the Chair of the 2008 Combined Federal Campaign of the National Capital Area. This will be the third year that Admiral Allen has agreed to lead the campaign. His previous two years in this post saw unprecedented increases in fundraising that cumulated in last year's record \$60.7 million dollars in donations.

MEMORANDUM FOR THE HEADS OF EXECUTIVE DEPARTMENTS AND AGENCIES

June 18, 2008

SUBJECT: 2008 Combined Federal Campaign

Admiral Thad W. Allen, Commandant of the U.S. Coast Guard, has agreed to serve as the Honorary National Chairman of the 2008 Combined Federal Campaign. I ask you to enthusiastically support the CFC by personally chairing the campaign in your agency and by exhorting top agency officials around the country to do the same.

The Combined Federal Campaign is an important way for Federal employees to support thousands of worthy charities. Public servants not only contribute to the campaign but also assume leadership roles to ensure its success.

Your personal support and enthusiasm will help positively influence thousands of employees and will guarantee another successful campaign.

—GEORGE W. BUSH

Mercy Ships

everyone counts on the road to healing...

Before any Africa Mercy patient can receive life changing surgery; before they can be cared for; before they receive a single medication, they must be admitted to the hospital.

Atteila Dennis listened as her aunt recounted how her eye problem had recently been corrected on the ship, Africa Mercy. As a licensed practical nurse, and a native Liberian, Atteila understood the desperate medical needs of her country and wanted to help. "Where is Mercy Ships, where can I go?" With determination, she found her way to the Freeport of Monrovia, the Africa Mercy, and the Human Resources offices. She was placed on the admissions team.

Atteila spent over a month working with Mercy Ships. "I am very, very glad for what is going on in this country. There are some problems people have had from birth that they don't have the solutions for. Since Mercy Ships has come, they have been doing a ... very great job."

Get involved. Give through the CFC and support the humanitarian work of Mercy Ships.

BRINGING HOPE AND HEALING



www.Mercyships.org
CFC#12044

A Message from LFCC Chairperson Linda Washington

Dear Fellow Federal Employees:

As Chair of the Local Federal Coordinating Committee (LFCC) (the campaign's board of directors), I can say that the LFCC is pleased to provide the oversight for this year's Combined Federal Campaign of the National Capital Area (CFCNCA). The LFCC is comprised of Federal employees and representatives of labor unions. We have several key leadership roles, including determining the eligibility of charities listed in the *2008 Catalog of Caring*, ensuring that the campaign adheres to all Federal regulations governing CFC, and making certain that every Federal employee is given an informed opportunity to give through the CFC.

Last year, the generous Federal

employees in the National Capital Area made pledges totaling almost \$60.8 million dollars to participating charities, an \$885,000 increase over the prior campaign. We would like to thank all who participated for their part in making it such a success and for offering help and hope to those in need.

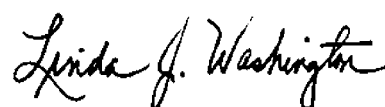
We invite you to participate once again this year. If you have not donated in the past, please consider doing so either by payroll deduction or by making a one-time gift in the form of cash or check.

There are almost 4,000 approved charities in this year's CFCNCA campaign, so please take time to look over the *2008 Catalog of Caring* and find one or more that speaks to your heart. When you give

through the Combined Federal Campaign of the National Capital Area, you become a star in someone's life.

As a famous poet once wrote, "Give what you have. To someone, it may be better than you dare to think."

Sincerely,



Linda J. Washington
Chair, Local Federal Coordinating
Committee

Combined Federal Campaign of the
National Capital Area



Linda J. Washington

Complete Thanksgiving Turkey Dinner for \$2.05

No one should go hungry on Thanksgiving — especially when it costs so little to serve a complete meal to a hungry and homeless person.

Our hearty, traditional turkey dinner that friends like you provide is often the first step in dealing with the problems of homelessness. Then comes help with addiction recovery, job training, education and spiritual renewal.

So please help someone get started toward a new life —

\$16.40 provides 8 meals.

\$51.25 provides 25 meals.

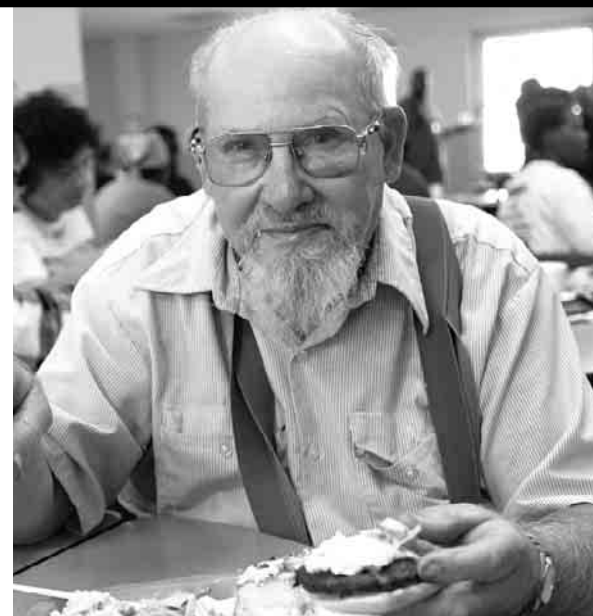
\$24.60 provides 12 meals.

\$205.00 provides 100 meals.

\$102.50 provides 50 meals.

\$_____ to help as much as possible

Just fill in the Thanksgiving Meal Ticket below. Then mail it with your gift today. *Thank you!*



SERVING THE NEEDY SINCE 1906

MEAL TICKET

YES, I want to help feed the hungry and homeless this Thanksgiving season — as a first step to a new life.

Here is my gift of ☐ \$16.40 ☐ \$24.60 ☐ \$51.25 ☐ \$102.50 ☐ \$205 ☐ \$_____

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

Gospel Rescue Ministries
P.O. Box 50940 Dept. XSG11
Washington, DC 20091-0940
www.grm.org

THANK YOU!

You will receive a receipt.

☐ Check enclosed ☐ I'd like to pay by credit card

Amount \$ _____

Card type _____ Exp. _____

Card number _____

My phone number: (_____) _____

Email address: _____

CFC # 18948

CLIP AND MAIL WITH YOUR TAX-DEDUCTIBLE GIFT TODAY.

MEAL TICKET

The face of hunger is changing



*Cast your vote to end hunger
in our community*

Capital Area Food Bank
United Way #8052 CFC #30794

Distributing food, nourishing our community



645 Taylor Street, NE
Washington, DC 20017
202.526.5344

6833 Hill Park Drive
Lorton, VA 22079
703.541.3063

www.CapitalAreaFoodBank.org

To find out how to
**advertise
your
charity**

and its
new 5-digit CFC code,
contact
Express Account Manager
Kathryn Whitener
at 202.334.6171
or
Adam Bodenmiller
at 202.334.4532.

express

A publication of The Washington Post

XX508 1x6



*Spare
some
change
for a
homeless
animal?*

The Washington Animal Rescue League works to promote the welfare of companion animals and support the people who love them through animal rescue, rehabilitation, adoption, and affordable veterinary care.



The Washington
ANIMAL RESCUE LEAGUE

71 Oglethorpe Street, NW, Washington, DC 20011
202-726-2556 www.warl.org

CFC # 86254 and United Way # 8879

A special message to
**employees of the
State and Federal
Government**



**The only government
funding we receive
is from you ...**

Please remember **Rude Ranch Animal Rescue**
when choosing a charity to support at work:

CFC #45379 MCC #4650



A non-profit organization dedicated to saving the
lives of abandoned, neglected and abused animals.

Welcome to the changing faces of AIDS



**8 out of 10 women and
children contracting the AIDS
virus are people of color.**

More than 3,000 AIDS service
organizations, helping thousands of
communities nationwide, work with the
AIDS Programs of the National Minority
AIDS Council to improve their prevention,
care and treatment programs.

**Unfortunately, much more work
remains to be done.**

Please help the
**AIDS Programs of the National
Minority AIDS Council**
make a difference.

CFC # 10557

Visit us on the web at:
www.nmac.org



I Won't Leave Without Beansie

To put it simply, Mary's dog means the world to her. Mary* spotted Beans at an animal shelter, looking scared and alone, and right away, they had a bond.

Over time, Mary's friends have drifted away. Some left because Mary's husband, Bob, scared them. Bob prevented her from seeing others. Eventually, Beans became the only friend Mary had left. He was the only one Mary could count on, the only one who loved her unconditionally.

Bob had hit Mary several times, and began threatening Beans, knowing that was another way to control Mary. Mary thought about leaving, but she knew that Bob would take out his rage on the dog if she left, torturing or even killing it. Mary had called a local shelter once before, planning to leave. But

the shelter had no place for Beans, and Mary could not leave him.

"Without Beansie, I would have nothing; I owe it to him to protect him," Mary says. "I won't leave without him."

Only within the last decade have studies begun to prove what emergency veterinarians have suspected for years: that domestic violence abusers torture or kill pets, or threaten to, in order to maintain control over their partners. One study showed that 71 percent of abused women had partners who threatened their pets.

Fewer than six domestic violence shelters in the country have any way to accommodate pets. A local safe house in Arlington is working on becoming the first such facility in the Metropolitan Washington area. "We have filed the request for permits, and we are actively trying to raise the resources that will enable us to build

a kennel on our grounds," said Linda Dunphy, executive director of the Combined Federal Campaign (CFC)-funded shelter.

Before 1978, the only refuge in Arlington for battered or homeless women and their children was a night in a motel. An interfaith collaboration saw the need and established the first emergency women's shelter that year. During the 1980s, the coalition purchased two houses and established permanent homes for the shelters. The group has provided a lifesaving continuum of care, hope, and safety for thousands of women and children who face domestic violence and/or homelessness.

For 30 years, the facility has been open 24 hours a day, seven days a week, providing a safe place for women and children who are fleeing



Linda Dunphy

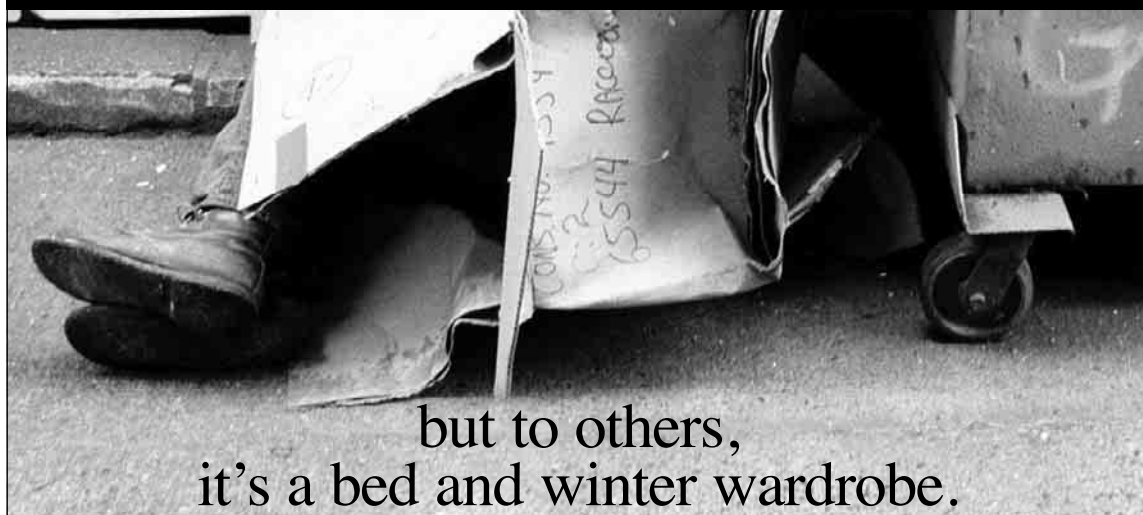
domestic violence. They offer basic life needs (clothing, food, supplies, and transportation funds), as well as individually tailored support services that prepare clients to lead secure, self-sufficient lives. The services, referrals, information, and shelter they provide are free and confidential.

Dunphy knows that by being able to accommodate animals, the shelter will offer hope to a group of needy women and children who would otherwise be reluctant to reach out to them. "By providing a place where abused women can keep their pets, we are hoping to offer assistance to even more people who really need our help," she says.

Please consider making a contribution to the CFC, and make a difference in someone's life, just as this shelter has made a difference for thousands of women. ★

*Mary, Beans, and Bob are composite characters.

To some people, this is just garbage...



but to others,
it's a bed and winter wardrobe.

Last year, So Others Might Eat (SOME) provided decent and dignified housing to 535 homeless men, women and children in our nation's capital.

*Having a safe place to sleep
shouldn't be a privilege.*

**To make a tax-deductible contribution,
call (202) 797-8806 or visit www.some.org**

Please designate SOME - CFC #74405 - United Way #8189



*Restoring Hope & Dignity
One Person at a Time.*



ONE DAY

SHE WILL WIN A SEAT IN CONGRESS.

RIGHT NOW

SHE'S WINNING HER BATTLE WITH LUPUS.

The Lupus Foundation of America (LFA) helps 1.5 million Americans win their battle with lupus. You can help too. Your donation to the LFA funds research, education and advocacy programs. Please donate to the LFA today.

WWW.LUPUS.ORG.

Combined Federal
Campaign #10566.





American Red Cross

Alexandria Chapter #62761

Arlington County Chapter #99248
Which covers Arlington County, The Pentagon, Army National Guard Readiness Center and Ft. Myer Military Community

Loudoun County Chapter #45497

ARC of the National Capital Area #96686
Which covers Dist. of Columbia, Pr. George's Co. MD, Montgomery Co. MD, Fairfax Co. VA, & Cities of Fairfax and Falls Church, VA, Fort Belvoir, Andrews AFB, Walter Reed Army Medical Center, and National Naval Medical Center Bethesda

Prince William Chapter #80217
Which covers Pr. William County, the Cities of Manassas, Manassas Park, and Quantico Marine Base

Providing relief for victims of disaster and helping people prevent, prepare for and respond to emergencies.



CFC Calendar '08-'09

DATE	EVENT
SEPTEMBER 4, 2008	Leadership Conference and Public Campaign Begins
NOVEMBER 12, 2008	First Progress Report Lunch (National Press Club)
DECEMBER 11, 2008	Second Progress Report Lunch (National Press Club)
DECEMBER 15, 2008	Public Campaign Concludes
JANUARY 9, 2009	Last Day to Submit Communication Contest Entries
JANUARY 30, 2009	Loaned Executive Recognition Luncheon (St. Gregory Hotel)
FEBRUARY 24, 2009	Campaign and Awards Celebration (Grand Hyatt)
MARCH 15, 2009	Charities Notified About Designated Totals and Donor Names
APRIL 1, 2009	First Distribution of Funds to Charities and Federations

How many great world leaders will die before their 5th birthday?

In developing countries, most blind children die within two years.
That's a statistic *you can change.*

Restore their sight.
Give them life.
Create the future.



CFC # 12136
Christian Blind Mission

www.cbmiusa.org



Immunize Every Child

GAVI has prevented nearly 3 million deaths

GAVI works to immunize children in the world's poorest countries, where **2.5 million** still die each year from diseases vaccines could prevent.

Join us.

CFC # 86528 | everychild.gavialliance.org



2008 CFCNCA Loaned Executives.



Government Agencies "Loan" Talent to CFCNCA

Raising \$61 million for charity is no easy chore and involves the special talents of many dedicated government employees. In the Combined Federal Campaign of the National Capital Area (CFCNCA), every Federal department appoints a Vice Chair and Campaign Manager to oversee the fund drive within their respective agency or department. To assist, 40 Government executives are "loaned" to the CFCNCA from their home agency.

This elite corps of Loaned Executives (LEs) participated in an intensive two-week training program. Held at both Georgetown University Conference Center and CFCNCA headquarters, LEs discussed fundraising techniques, project management, delivering presentations, and MANAGE, an online tool for campaign reporting, tracking, and ordering supplies and awards. During their training this year, LEs visited three CFCNCA charities: Food and Friends, Covenant House and The Arc.

This year the LEs were joined by new Local Federal Coordinating Committee Chair Linda Washington. She personally presented each LE with their LE Commissioning Certificate and their 2008 Loaned Executive lapel pin.

LE's are critical to the success of the campaign. They provide outstanding customer service, train campaign volunteers and reach all employees with an informed opportunity to give to improve employee participation and increase the average gift. With the help of LEs, CFCNCA expects to meet—and exceed—its \$61 million goal. ★



B'NAI B'RITH INTERNATIONAL...
FOR 165 YEARS, MEETING THE UNMET NEEDS
IN YOUR COMMUNITY AND YOUR WORLD

Today's B'nai B'rith leads the way in areas including:
HUMANITARIAN AID
HUMAN RIGHTS
SENIOR HOUSING
HEALTHCARE ADVOCACY
COMMUNITY SERVICE



**To learn more about our work, go to www.bnaibrith.org.
Your generous donations help make this possible!**

Please designate CFC # 52090 (B'nai B'rith International) this year!



ALZHEIMER'S DOESN'T JUST STEAL THE PAST.
IT CAN STEAL YOUR FUTURE.

Every 71 seconds, someone develops Alzheimer's, even affecting people in their 30s, 40s and 50s. Think of all the special moments that could be taken from you. Now is the time to **ACT**. To learn more, go to alz.org.

alzheimer's
association

CFC# 49577

SAMARITAN'S PURSE®



Helping in Jesus' Name ... at home and overseas

When hurricanes pound the coast or tornadoes rip the heartland, Samaritan's Purse stands ready to respond swiftly and compassionately anywhere in the United States. But our ministry work extends far beyond national borders. As an international Christian relief and evangelism organization, we bring physical aid and the Good News of Jesus Christ to victims of poverty, war, disease, and disaster in over 100 countries. If you would like to join with us, please designate **CFC #10532** on your 2008 pledge card.

Samaritan's Purse®
INTERNATIONAL RELIEF

P.O. Box 3000, Boone, NC 28607 • www.samaritanspurse.org

CFC #10532

Blinded Veterans Helping Blinded Veterans



WORLD WAR II • IRAQ • KOREA
Three generations of blinded veterans at a recent BVA convention.

The Blinded Veterans Association (BVA) was established in 1945 to promote the welfare of blinded veterans.

We are here to help veterans and their families meet the challenges of blindness.

We are the only veterans service organization exclusively dedicated to helping blind and visually impaired veterans rebuild their lives.

800-669-7079
bva@bva.org

CFC
10513



Payne Family

One Family; Three Needs; Three Agencies to the Rescue

**HELP US ENSURE A
LEGACY OF CLEAN WATER
FOR FUTURE GENERATIONS.**



**WORKING WITH PEOPLE
LIKE YOU TO SAVE THE BAY
AND ITS RIVERS AND STREAMS.**

cbf.org



CHESAPEAKE BAY FOUNDATION
Saving a National Treasure

While on his second tour of duty in Iraq, Army Staff Sergeant Chris Payne was participating in a mission to counter improvised explosive devices when he himself stepped on one. The explosion resulted in the loss of a leg and damage to one of his arms. He was sent to Walter Reed Hospital to recover, and while there, he first learned about the power of the Combined Federal Campaign (CFC).

While Staff Sergeant Payne was hospitalized, his family needed a place nearby to stay. A CFC-supported agency that donates "comfort homes" built on the grounds of major military medical centers housed Staff Sergeant Payne's parents during his initial recovery period. These homes allow family members to be close to a loved one at the most stressful time—during the hospitalization for an illness, disease, or injury. A few weeks later his wife, Nathalie, arrived, after giving birth to the couple's third son, William Michael.

While he was at Walter Reed, the Paynes received more bad news: a tornado had ripped through their hometown back in Tennessee. It tore the roof off their house and caused thousands of dollars worth of damage to the home. Mike Edwards, from the American Legion, learned of their need for a new roof. With help from a CFC-supported charity created to sup-

A CFC-supported agency donates "comfort homes" that allow family members to be close to a loved one during their hospitalization for an illness, disease, or injury.

port injured military personnel, the two organizations purchased roofing materials and organized local volunteers to install the new roof.

Following his release from the hospital, Staff Sergeant Payne and his family needed a place to live during his rehabilitation. Currently, the family is living in an apartment in Silver Spring, Maryland, that was provided by yet another CFC organization. They will join at least 14 other families living there rent-free during recovery from their injuries. The Paynes were the first family in the Washington, D.C., area to take advantage of this transitional housing facility for wounded warriors.

"It's overwhelming to be honest with you, the amount of support I've gotten since I've been injured," says Staff Sergeant Payne.★



Star in a Leadership Role

We all have an important leadership role to play this fall, in our communities, our Nation, and our world. By choosing to support the Combined Federal Campaign (CFC), you are making a commitment to the future. No matter what worthwhile causes you choose, you can Be a Star in Someone's Life. The CFC-funded charities in the 2008 campaign are all worthy of consideration, because they provide helping hands to those in need and help them reach their goals and fulfill their dreams. Whether it is rebuilding after a disaster, surviving a debilitating disease, easing the transition from battlefield to home, or just making life a little better, by supporting them, you are ensuring that their work can continue.

These charities and their volunteers could not survive without invaluable assistance from you—the Federal employees who give so generously to the CFC. You work every day to defend our freedom, protect our natural resources, deliver our mail, and enforce our laws. Yet you shine brightest when you are helping those truly in need. Last year, you and your colleagues in the Washington Metropolitan Area pledged nearly \$60.8 million to organizations that help make your neighborhood, your Nation, and your world a better place. You are the real stars.

This year, we are again asking you to stand in the spotlight by filling out your Pledge Form and supporting the 4,000 local, national, and international charities participating in the 2008 Combined Federal Campaign of the National Capital Area (CFCNCA). These charities need your help in order to help others. **Remember, you don't have to be elected president—of your country or community association—to be a Star in Someone's Life! Support CFC.**

Be a Star for a wide variety of charities.

Only charities that apply and meet the high standards of accountability and other requirements set by the U.S. Office of Personnel Management (OPM) are included in this campaign. These charities serve a range of human health and welfare causes from local concerns to national issues, from health care problems to natural resources protection, from animal rights to international relief and development.

Be a Star in Someone's Life by making an impact with your gift.

CFC charities help people who really need it...your neighbor, a member of your family, or someone halfway around the world. When charities know that your payroll deduction gift will keep coming through-

out the year, they can better plan how to deliver their services more reliably to those in need.

Be a Star to make your gift go farther, thanks to the low cost of running the campaign. You can be confident in the oversight and management of the CFCNCA. A board composed of a diverse group of Federal employees called the Local Federal Coordinating Committee (LFCC) manages the CFCNCA. In turn, the LFCC selects a charitable organization to implement the day-to-day operations of the campaign and to serve as its administrator. OPM regulations call this organization the Principal Combined Fund Organization (PCFO). Strict requirements guide the PCFO's operations.

By regulation, the campaign's budget is a fixed amount approved by the LFCC. Last year, approximately 8.83 percent of the total funds raised were used to manage the campaign. This ratio is lower than nationwide average CFC fundraising costs of 9.9 percent and well below both the CFC regulation and the prevailing industry standard of 35 percent.

In 2008, the CFCNCA will be conducted with a fixed operating budget approved by the LFCC of slightly more than \$5.7 million.

The LFCC has selected Global Impact to manage the CFCNCA. Global Impact, based in Alexandria, Virginia, has been a participating federation in the campaign since its inception, raising funds for more than 50 international charities.

2008 Goal

Last year, giving by Federal employees to the CFCNCA climbed for the fifth year in a row. Not only did Federal employees feel a renewed sense of confidence in workplace giving, but they also recommitted to help those most in need: The average donor's gift increased to more than \$412, an increase of almost 15 percent! Federal workers in the Washington Metropolitan Area are stars every day through their voluntary participation in the CFCNCA and their generous donations.

This year, the CFCNCA has set a goal of raising \$61 million. We are asking all employees who can give to participate by making a cash, check, or payroll deduction donation to the charity or charities of their choice. Put your gift to work every day for those in need. **Be a Star in Someone's Life! Support CFC.**

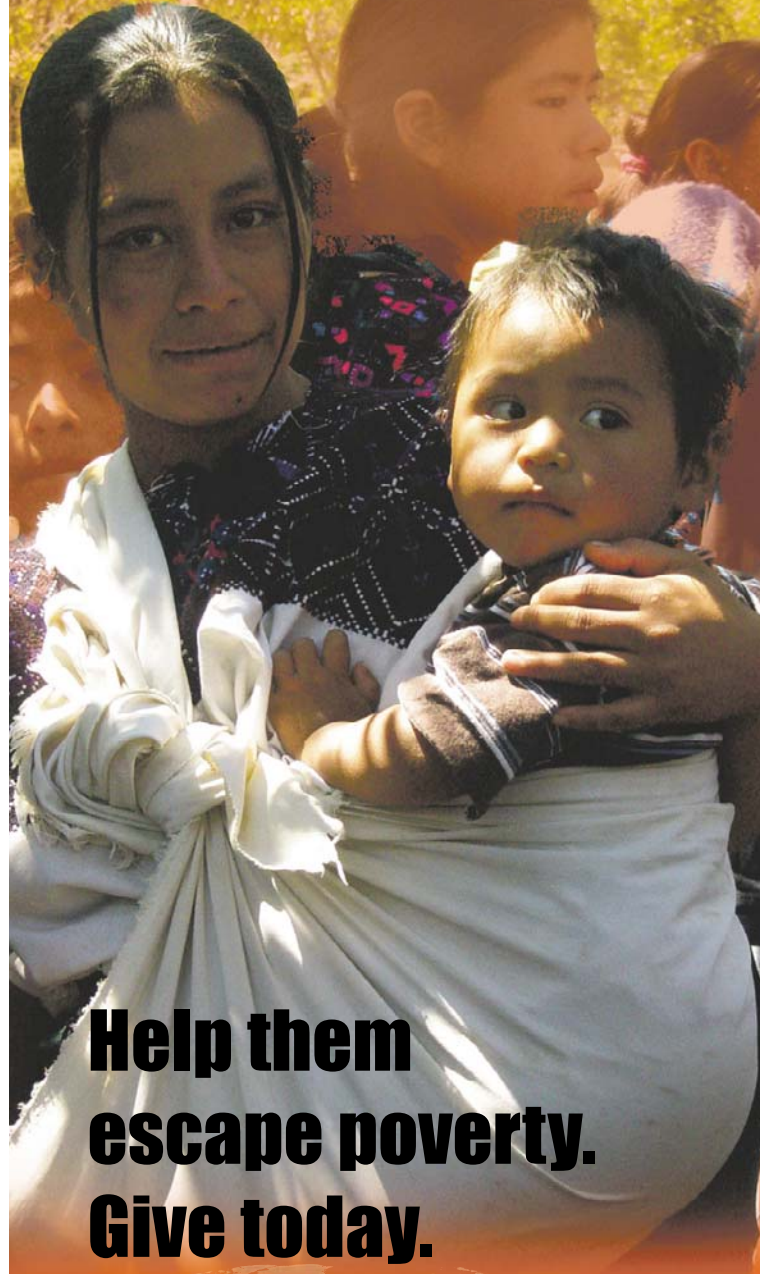
Points to Remember

All charities have 5-digit codes. Only charities listed in the *2008 Catalog of Caring* can receive designations. Find the charity codes in the *2008 Catalog of Caring* or online at www.cfcnc.org.

Continued on page 12



**They
deserve
a chance.**



**Help them
escape poverty.
Give today.**

**www.grameenfoundation.org
serving 7 million families worldwide**

CFC # 15029



**GRAMEEN
FOUNDATION**



Dignity. Respect. Service.



One stop is all it takes for the District's neediest residents to get help. Each month we provide free food, clothing, medical, legal and social services to more than 10,000 children and adults.

**Your contributions make it possible.
Please help today.**

CFC: #61733 | United Way: #8219
202.265.2400

Design: Fixation Marketing • fixation.com

Give online at
www.BreadForTheCity.org



1-800-DIABETES
diabetes.org

Our children have a **one-in-three** chance of a future with diabetes



Help us change that future

Support our research, information and advocacy efforts to change the future of diabetes

Choose CFC Code #11235

Star in a Leadership Role

Continued from page 11

You may also search the online Catalog of Caring by administrative and fundraising expense percentage at www.cfcnca.org. Click "Online charity search/Advanced search" and type in your preferred expense percentage.

Remember to make your check payable to CFCNCA. The CFCNCA can no longer accept checks payable to individual charities.

Expanded Online Giving

CFC-e™ offers to you our online Pledge Assistant, a powerful way you can give to the charities of your choice. CFC-e™ provides flexible and powerful tools at your fingertips to select and learn about CFC charities and to designate your donations. To research charities participating in the 2008 campaign and to generate your Pledge Form online, go to the CFCNCA website (www.cfcnca.org) and click on the link to "Giving" and then "Search and Pledge."

You can search for charities in many different ways, including by name, CFC code number, zip code, key word—even by administrative and fundraising expense percentage. You can learn more about individual charities, build a personal list of favorite charities, and use the system to allocate payroll deductions or direct gifts to the charities of choice. After you finish your search, you must print out a worksheet of giving choices to use in filling out a paper Pledge Form or an actual Pledge Form already completed for you to sign and turn in to your Keyworker.

CFC-e™ provides flexible and powerful tools at your fingertips to select and learn about CFC charities and to designate your donations.

Advantages of Online Giving

Every Federal employee can use CFC-e™.

- You can save a list of charities in a virtual "shopping basket" while you continue to research your selection.
- You can experiment with different gift amounts.
- You can give via cash, check, or payroll deduction.
- With one click at the end of the process, you can print out the two required copies of the OPM-approved Pledge Form to submit to your Keyworker, as well as one to retain for your records.

You are not required to sign in to browse charities. However, to save a list of charities between visits to the CFCNCA website, you can choose a confidential user name and password. No personal information is required. In fact, the CFCNCA encourages you not to use your own name in the "user name" or "password" fields. On subsequent visits to the CFCNCA site, you can log in to retrieve your personal charity basket until your research is complete and you have made all your giving decisions.

Federal employees who work in agencies that participate in Employee Express can use the system for a fast, accurate, and completely paperless payroll deduction contribution.

See article on page 17.

Help Desk

If you need more information about the campaign or how to search the charity database and fill out your Pledge Form online,

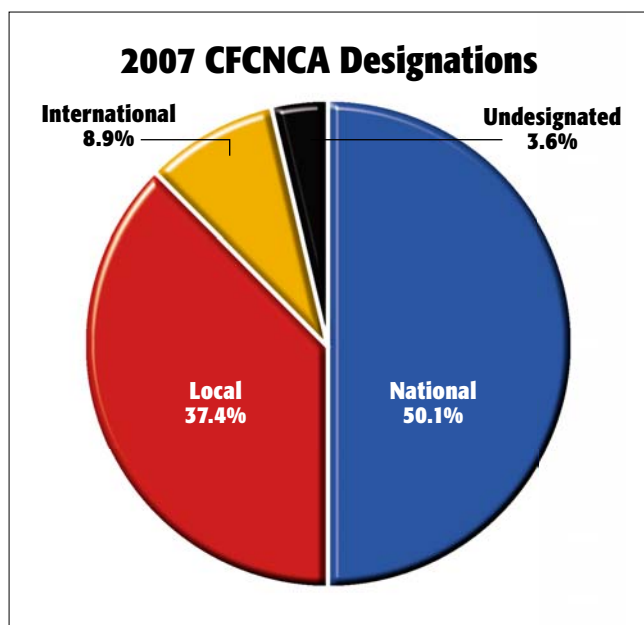


call the CFCNCA help desk at 202-465-7230, Monday through Friday, 9 a.m. to 5 p.m., or visit our website at www.cfcnca.org.

Where the Money Goes

Donors designate specific charities for most of the money contributed to the CFCNCA. Gifts from the 2007 CFCNCA were designated in the following categories:

- In 2007, the largest share of the campaign was designated to national organizations. They received more than \$30.5 million (50.1 percent of the total campaign contributions).
- Local federations and organizations received \$22.7 million (37.4 percent).
- International charities received \$5.3 million in CFCNCA gifts (8.9 percent of the total campaign).
- Approximately \$2.2 million (3.6 percent of overall gifts) were not designated to a specific charity. According to CFC guidelines, these funds were shared proportionately among all charities receiving designations. Only those charities receiving designations are allowed to receive undesignated funds.



Support Your Favorite Charity

Donors are encouraged to designate to the charity or charities of their choice. To direct your gift to one or more of the charities or federations that appear in the *2008 Catalog of Caring* for the CFCNCA, look up the 5-digit charity code that appears with the charity's description in the catalog listings. Then fill in the code number and the amount you wish to donate on your Pledge Form. See the inside back cover of the *2008 Catalog of Caring* for instructions on filling out your Pledge Form.

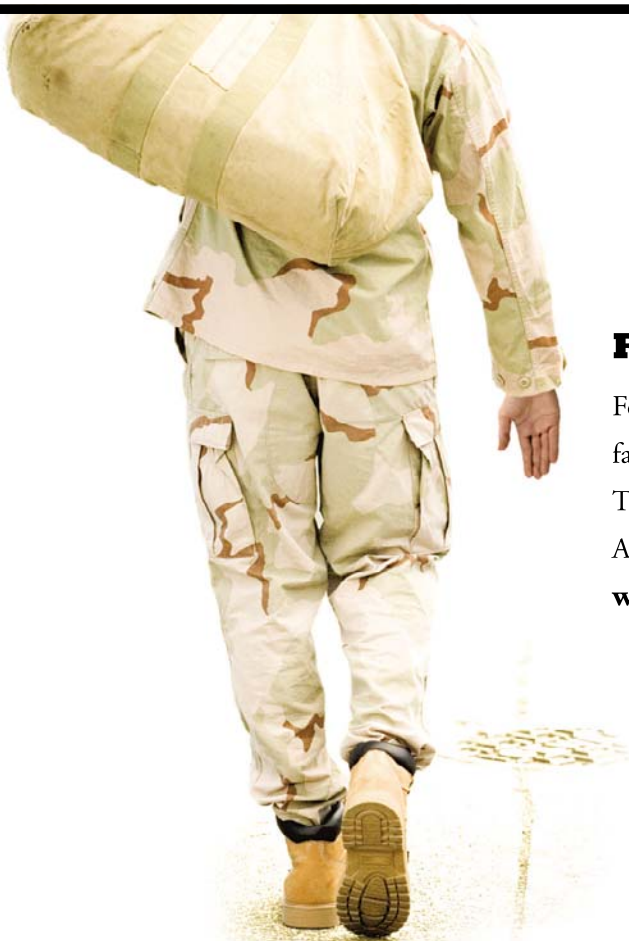
Remember to use the 5-digit code as found in the *2008 Catalog of Caring*. Absolutely no "Write-Ins" are allowed; only charities listed in the *2008 Catalog of Caring* can be designated. Amounts not earmarked to specific charities on the official CFCNCA list will be classified "undesignated" and distributed according to CFC regulations.

Support a Type of Service

Each participating charity was asked to specify up to three categories which most closely identify the type of mission, services, and activities the charity provides. Each category has an alphabetical code, and those codes appear at the end of each charity's listing. For a key to the 26 different categories from which the charities could choose, see pages 2-3 of the *2008 Catalog of Caring*.

You can search the CFCNCA online database to find those charities which provide the kind of services you want to support. Visit www.cfcnca.org/search.

Continued on page 16



Return the favor.

For veterans, their needs, their families. We all depend on them. They depend on each other. And you. Thanks!

www.vfwfoundation.org



We need them. They need you.

CFC #10511

How long will it take for a cure?

canswer.

City of Hope is on a fast track to find new treatments for cancer, diabetes and other life-threatening diseases. At any given time, we're conducting hundreds of clinical trials. And what we learn in the lab, we're working to bring to our patients — quickly, safely and effectively. In fact, millions of people with diabetes benefit from synthetic human insulin developed through research conducted at City of Hope. Our research has also led to four of the leading cancer drugs that are saving lives worldwide. To find out how you can help, visit www.cityofhope.org or call 800-544-3541.

Please choose CFC Code #11720 today



Science saving lives.
www.cityofhope.org



CHEJ
WWW.CHEJ.ORG

CFC #10633

Center for Health,
Environment & Justice

Preventing harm to
children & communities.



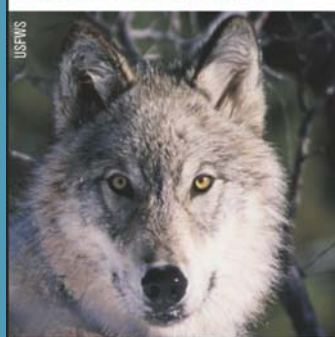
ELI makes law work
for people, places,
and the planet

CFC #10629

www.eli.org

ENVIRONMENTAL
LAW • INSTITUTE®

You Can Save Wildlife
and Their Habitat for
Future Generations



USFWS

America's
Best Wildlife
Charity
Reader's
Digest

DEFENDERS
OF WILDLIFE

CFC #10624
www.defenders.org



CFC #12072

Help WWF
Protect the
Future of Nature



worldwildlife.org


THE PEREGRINE
FUND

Conserving birds of prey
worldwide since 1971



www.peregrinefund.org

www.AmericanRivers.org



American Rivers is the only national
organization protecting and restoring rivers for the future




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CFC #10622




CFC #12069



www.npca.org

National Parks Conservation Association
Protecting our National Parks for Future Generations

African Wildlife Foundation	11219
Alaska Conservation Foundation	12062
Amazon Conservation Team	10410
American Farmland Trust	10631
American Forests	10632
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American Solar Energy Society	10414
Arbor Day Foundation	11443
Bat Conservation International	12064
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Center for a New American Dream	12231
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Clean Water Fund	10636
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Environmental Law Alliance	
Environmental Law Institute	
Forest Service Employees for	
Friends of the Earth	
Friends of the National Zoo	
Galapagos Conservancy, Inc.	
Green Corps, Inc.	
Izaak Walton League of Amer	
The Jane Goodall Institute	
Keep America Beautiful	
Land Trust Alliance	
League of Conservation Voter	
National Audubon Society	
National Fish and Wildlife Fo	
National Forest Foundation	
National Parks Conservation	
National Wildlife Federation	
Natural Resources Defense C	
The Nature Conservancy	
Ocean Conservancy	
Oceana, Inc.	

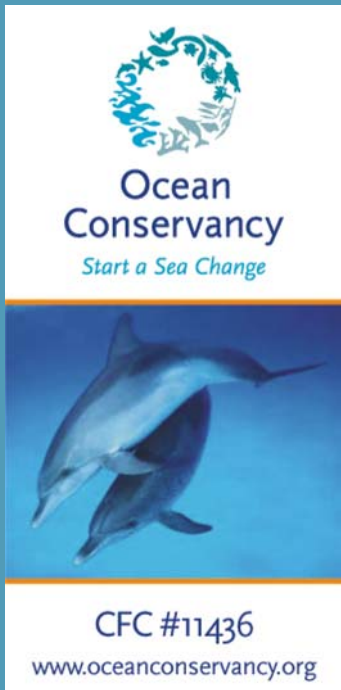
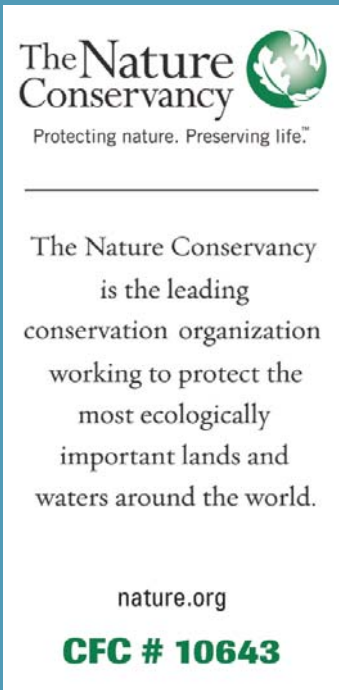
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...more.
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...ce, and find out more about supporting
...environment every day.



CFC# 10252



Worldwide	11433	The Peregrine Fund	10639
.....	10629	Pesticide Action Network North America	11437
Environmental Ethics	12066	Physicians For Social Responsibility	10640
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.....	10961	RARE	10962
.....	11342	Restore America's Estuaries	12070
ca	10620	Rocky Mountain Institute	11438
.....	11103	Scenic America	11439
.....	10278	The Sierra Club Foundation	12071
.....	11435	The Student Conservation Association	11343
Education Fund	10621	Surfrider Foundation	10642
.....	12068	The Trust for Public Land	11440
ndation	10267	Union of Concerned Scientists	10637
.....	12053	U.S. PIRG Education Fund, Inc.	11441
ssociation	12069	The Wilderness Society	10638
.....	10622	Wildlife Conservation Society	10898
ncil.....	10623	Wildlife Trust.....	11352
.....	10643	World Wildlife Fund	12072
.....	11436		
.....	10051		



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SET FREE

Azra Bibi and her mother worked as indentured servants—slaves—in a brickyard in a Muslim country. She was repeatedly violated and forced to marry a 70-year-old Muslim man, Muhammad Akran. Muhammad Akran murdered Arza's mother and tried to force Azra to convert to Islam, but she refused to deny Christ.

"I prayed day and night asking my Jesus, 'Please send me an angel. Who can release me from this bondage?' After seven months God answered my prayers."

VOM workers met Azra, paid her debt and set her free. VOM also provided her a sewing machine and training so she could support herself in the future.

Your gifts will help VOM assist persecuted Christians like Azra Bibi in more than 40 countries.



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Serving with the persecuted church since 1967
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CFC #10993



2008 CFC Special Edition

Star in a Leadership Role

Continued from page 13

Let Your Charity Know You are a Star

The charities you designate would like to show their appreciation for your gift. To receive a thank you from your designated charities, complete your name and address or e-mail address in the box labeled Release Authorization on your Pledge Form. The CFCNCA will supply this information to the federations and charities you selected. If you designated to charities that are affiliated with federations, the federations notify their member charities of your contribution sometime after the CFCNCA provides the list of names for their member charities.

Your Gift is Tax Deductible

Charitable contributions may be tax deductible. According to Internal Revenue Service guidelines, taxpayers are now required to have proper documentation for all charitable contributions, regardless of size, or whether made by cash, check, or payroll deduction, in order to claim the contributions as tax deductions. Donors who give \$250 or more will automatically get a tax letter from the CFCNCA after their check is deposited.

Employees who give via payroll deduction and wish to claim the gift as a tax deduction will need:

- A copy of their Pledge Form to document which charities they designated to receive donations
- Their year-end pay stub that shows the total amount withheld.

The CFCNCA provides this information as

guidance only. Please consult your tax advisor for further information.

Federal employees who work in agencies that participate in Employee Express can use the CFC-e™ system for a fast, accurate, and completely paperless payroll deduction contribution.

Campaign Information

Keep up-to-date. Visit the CFCNCA website (www.cfcnca.org) to stay abreast of the campaign's progress and find information on charities participating in the campaign.

For the complete campaign stewardship report from last year, visit our website at www.cfcnca.org. Check the CFCNCA website for the only official online list of charities participating in the CFCNCA.

Please Help Today

You learn about the special needs of others every night on the evening news. You read about them in the morning paper. You hear about them on talk radio. Now you can do something to help, something to become a part of the solution. Your gift to CFC charities works every day to help those in need. Be a Star in Someone's Life! Support CFC.

The charities listed in the *2008 Catalog of Caring* passed rigorous local and national scrutiny in order to participate in the CFC. Please make your choices and give generously through the 2008 CFCNCA campaign. ★



=



CFC #11381 / www.uso.org



Go Paperless with Employee Express

Employees in the National Capital Area can use the Employee Express (EEX) system to make Combined Federal Campaign (CFC) donations by payroll deduction. If your agency participates in Employee Express and you do not already use it, you may subscribe by going to the website (www.employeeexpress.gov) and requesting a PIN. Click on the CFC button to start the process.

Employee Express is searchable, confidential, accurate, fast, and available 24 hours a day. EEX automatically does the math for you and has secure links directly to payroll providers, eliminating the need to send the form to another office for input.

You can search charity listings, select charities for contributions, and elect contribution amounts. You can review and change a pledge right up to the end of the campaign season on December 15, 2008. The payroll deduction will automatically begin with the first pay period of next year.

Using Employee Express offers flexibility, while providing fast and accurate transmission of pledge information. The pledge process is completely paperless, although you should print out a copy of the pledge form for tax purposes.

The use of Employee Express for CFC participation is strictly optional for the CFC donation. You can obtain more detailed information about the use and availability of the system from your CFC Keyworker or Employee Campaign Coordinator.

Employees at these agencies can use Employee Express:

Advisory Council on
Historic Preservation
African Development Foundation
Commission of Fine Arts
Commodity Futures
Trading Commission
Consumer Product
Safety Commission
Department of Education
Department of Interior
Department of State
Department of Transportation
Department of Treasury
Equal Employment
Opportunity Commission
Executive Residence at
the White House
Federal Deposit Insurance
Corporation
Federal Election Commission
Federal Labor Relations Authority
Federal Trade Commission
General Services Administration
Government Accountability Office
Harry S. Truman
Scholarship Foundation
Inter-American Foundation
International Trade Commission
Merit Systems Protection Board

Millennium Challenge Corporation
National Labor Relations Board
National Science Foundation
National Transportation
Safety Board
Nuclear Regulatory Commission
Office of Personnel Management
Office of Special Counsel
Office of Government Ethics
Overseas Private Investment
Corporation
Pension Benefit Guaranty
Corporation
Public Defender Service of
the District of Columbia
Securities and Exchange
Commission
Selective Service System
Small Business Administration
Federal Retirement Thrift
Investment Board
U.S. Chemical Safety and
Hazard Investigation Board
U.S. Holocaust Memorial Museum
U.S. Trade and
Development Agency

It Takes a Village ...to raise a child!



- Providing loving, secure homes for over 73,000 orphans in 132 countries
- Assisting over 1 million children and families with education, medical care and family strengthening programs

Federal Employees:

When selecting your charity this year, bring hope to an orphaned child. Select SOS Children's Villages - USA

CFC #10960

in the Children's Charities section.



SOS CHILDREN'S
VILLAGES
USA

"...giving orphaned and abandoned children **HOPE** for over 60 years!"

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Help Comes Knocking in the Middle of the Night

It was around two in the morning when I heard a loud crash downstairs in my house," said David Mason. "I went to investigate and found my living room wall engulfed in flames, and immediately I started yelling to my wife and 10 children to get out of the house!"

This was the scene David Mason, former chair of the Federal Election Commission, awoke to early one mid-April morning in 2004. The chimney of the woodstove in his house had caught fire and soon his entire home was consumed with flames and smoke. "I opened the front door and the house filled with smoke so thick I could barely see," said

Mason. "I got out of the building and immediately started counting my kids and was frightened when I couldn't find all of them!" Fortunately at about that moment his oldest child climbed out the third story window and managed to make it down a fire escape. His family was safe but the house and all their belongings were totally destroyed.

A few hours later, while sitting in his neighbor's kitchen there was a knock on the door. It was a worker from a Combined Federal Campaign (CFC)-supported organization that provides relief to victims of disaster and responds to emergencies like theirs. He handed Mr. Mason some cash cards so the family could get some immediate necessities.

"I was shocked," said Mason. "Here



David Mason

we were with nothing but just our pajamas, and here comes someone who was willing to get up in the

middle of the night and provide us the means to get us back on our feet."

The Masons had lost everything—from their child's eyeglasses to all of their clothes. He hadn't had time to even begin to think about how they were going to get their life back in order. "We really needed help and it was a true blessing that there are charities out there that understand the real need someone may be in."

The Mason family was eventually able to build a house on the same lot and life has returned to normal, but they are still grateful for the assistance they received the night of the fire. "We really needed assistance and this Combined Federal Campaign (CFC)-supported agency was there for us," said Mason. "There are many people out there, who through no fault of their own need help, and the role an organized group can play to provide them with the needed support can't be understated. The CFC supports many of these groups, and I will forever appreciate the kindness that was provided to my family and myself." ★



Since 1995 **COVENANT HOUSE WASHINGTON** has been helping homeless youth reclaim their lives and their dignity through a comprehensive array of program services. We address the immediate needs of youth in crisis: shelter, food, and clothing. Through education, job training, and youth leadership development we are reshaping lives and creating futures for those often written off by society. Please join us as we work to help youth in crisis put the pieces of their lives back together again.

CFC # 65964

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www.CovenantHouseDC.org



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Someone's
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Support your local Civil Air Patrol

CFC # 26757

www.natcapwg.cap.gov

Serves national capital region in homeland security, search and rescue, disaster relief; develops local youth 12-21 through cadet programs and middle schools; promotes aerospace education.



www.hsca.org



CFC#10170

Human Service Charities of America

Human Service Charities of America (HSCA) and its member charities' message is simple: "People Helping People." Our charities make a difference in the lives of the disabled, disadvantaged and abused. Charities within HSCA also provide support for suicide prevention, people with cancer, assistance for children with AIDS, and actively support your federal, postal, and military services. Combined, HSCA member charities strive to make the world a better place. With your support, you help us help others. This year, when you consider your pledge to the Combined federal Campaign (CFC), remember HSCA and be one of the *People Helping People*.

CFC# 10543 - Adopt America Network
www.adoptamericanetwork.org

CFC# 11155 - American Council for the Blind
www.acb.org

CFC# 10545 - American Foundation for Suicide Prevention
www.afsp.org

CFC# 81344 - America's Vet Dogs - Veteran's K-9 Corps
www.vetdogs.com

CFC# 11976 - Children Affected by AIDS Foundation
www.caaf4kids.org

CFC# 11156 - Children's Cancer Assistance Fund
www.nationalchildrenscancersociety.org

CFC# 10547 - Disabled and Alone/Life Services for the Handicapped
www.disabledandalone.org

CFC# 11935 - Fight Crime: Invest in Kids
www.fightcrime.org

CFC# 11157 - Guide Dog Foundation for the Blind
www.guidedog.org

CFC# 11971 - Lions Clubs International Foundation
www.lcif.org

CFC# 11228 - MAY Institute
www.mayinstitute.org

CFC# 11610 - MAZON: A Jewish Response to Hunger
www.mazon.org

CFC# 10541 - National Center for Fathering
www.fathers.com

CFC# 11972 - National Indian Youth Leadership Development Project
www.niylp.org

CFC# 10542 - National Right to Life Educational Trust Fund
www.nrlc.org

CFC# 11191 - National Urban League
www.nul.org

CFC# 11611 - Oklahoma City National Memorial Foundation
www.oklahomacitynationalmemorial.org

CFC# 11088 - Public Radion International
www.pri.org

CFC# 11088 - Rescue Task Force
www.rescuetaforce.org

CFC# 11614 - Us TOO International
www.ustoo.org

CFC# 10585 - USA Rugby
www.usarugby.org

CFC# 11973 - Volunteers of America, Inc.
www.voa.org

CFC# 11364 - White Bison
www.whitebison.org

CFC# 11609 - Youth Law Center
www.ylc.org



Leadership Conference 2008

Conference Inspires, Trains Campaign Leaders

Starting early on the morning of September 4, 150 Campaign Managers and other campaign volunteers from throughout the Federal government spent a full day learning the ins and outs of running a Combined Federal Campaign (CFC).

Not only did the Vice Chairs, Campaign Managers, Coordinators, and Keyworkers in attendance learn strategies for managing a campaign, they also had the opportunity to learn firsthand how the CFC helps people. Following a continental breakfast and a chance to visit the charity fair, participants heard from representatives of international, national, and local charities.

Staff Sergeant Chris Payne described the many CFC-funded agencies that have supported him and his family since he was injured in Iraq (see

related story on page 10). "I've given to the CFC every one of the nine years I've been in the Army," he said, but added that it was only after his injury that he realized just how much difference CFC funding makes.

In addition to testimonials from charities and individuals, the conference provided an opportunity for participants to learn the basics of CFC fundraising: how funds are processed to insure the highest levels of accountability, new technology tools developed to make giving and managing the campaign easier, and the



Local Federal Coordinating Committee (LFCC) member Lou Torchia presents outgoing LFCC chair Vince Micone with a gift thanking him for seven years of service as the LFCC chairperson.

2008 marketing plan. They learned specific tips for inspiring donors and how to use the available technology.

Describing "The Magic Rule of Seven," Barbara Pearson, Knowledge Management Staff Director with the Department of Treasury, encouraged the audience to believe in what they are doing and make giving easy. She reminded them "it ain't over til it's over," saying many types of events reach potential donors, especially if there is food involved.

Michael Khoury, former Loaned Executive from the Department

of Justice, laughed that once you become a part of CFC, it becomes a part of you. Although not officially

Continued on page 23

helping hands...



Help us help them.

The National Right to Life Educational Trust Fund is promoting positive, compassionate alternatives to crisis pregnancy, abortion, infanticide and euthanasia by educating the public on these vital right to life topics.

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CFC #10542



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Your support can help NCPC stop cyberbullying.

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NATIONAL CRIME PREVENTION COUNCIL

www.ncpc.org

What Once Caused Us Grief Is Now Our Life's Cause

The psychiatric episodes first started in May of 1987 for Linda Lipari, and over the next few years she had three more, each requiring hospitalization. "At first I was devastated," admits Linda's husband, Joe. "But what once caused us grief is now our life's cause."

Joe Lipari is an information technology specialist in the office of the Administrative Assistant to the Secretary of the Air Force. He and Linda have both become devoted advocates for a large range of various mental health organizations and the Combined Federal Campaign (CFC). "The CFC supports so many of the organizations I care deeply about, it was almost natural that I would become

involved with the campaign," he says.

Linda was fortunate to receive the medical care she needed, although it took several years of trial and error to get her condition stabilized. As part of her recovery, her doctors urged her to tell her story to others. They knew that it would be therapeutic for her, but it would also help others with similar conditions realize that help is available.

"As we began this process we realized that a large percentage of the agencies we were volunteering at were connected with the Combined Federal Campaign," says Lipari. "I began to research how the CFC worked, and was so impressed with the wide range of charities they support that I volunteered to help with our campaign by becoming a Keyworker."

Joe excelled at being a Keyworker thanks to his energy and passion for helping those in need. He was named a Department of Defense Star of the Year for the Combined Federal Campaign of the National Capital Area. His efforts have ensured that the CFC campaign has run successfully and his personal commitment to service continues to positively impact the community around him.

This year, Joe is serving as a CFC Department of Defense Loaned Executive. "I've seen firsthand the great work the CFC does. I'm proud to be involved with this year's campaign, and encourage all Federal workers to give to their favorite charities through the CFC."★



Joe Lipari



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CFC #33317



United Way #9339

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Like you, these students were born with limitless potential.

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Thank you for your support.

(You can also donate at give.uncf.org or call 1-800-332-UNCF)





Frequently Asked Questions

What is the CFC?

The Combined Federal Campaign (CFC) is the only authorized solicitation of Federal employees in their workplaces on behalf of approved charitable organizations. The Combined Federal Campaign of the National Capital Area (CFCNCA) is the local campaign for Federal employees in the Washington Metropolitan Area.

Why have a CFC?

The annual fundraising campaign helps support a variety of health, human, and other services provided by local, national, and international charitable agencies. This single campaign is one of the most cost-efficient fundraising methods available. It succeeds because volunteers from the Federal workforce combine their resources for one coordinated appeal.

How important is the CFCNCA?

As a Federal employee, you are part of the most significant philanthropic campaign in the world. The CFCNCA is the largest regional program in the entire CFC system, the largest workplace giving campaign in the world. Thousands of charities in the Washington Metropolitan Area, throughout America, and around the world depend upon your generosity for their very existence. Last year, you and your coworkers gave nearly \$60.8 million to charitable agencies. These charities provide services to every part of our community, and touch every one of our lives. Funding from the CFCNCA is one of the most important sources of revenue for these charities, since your payroll deduction pledges provide a steady income stream throughout the year

that helps keep their core programs operating. In short, you've got the power to make our community, Nation, and world a better place.

What is unique about Global Impact's management of CFCNCA?

• **New technology:** Electronic tools for the contributor will make it easier and more efficient to search for charities on the CFCNCA website (www.cfcnca.org). Federal employees can also call the campaign helpline at 202-465-7230 with any questions.

• **CFC-e™:** CFC contributors in the Washington Metropolitan Area will be able to fill out their CFC-e™ Pledge Form online and print it out to submit to their Keyworker.

• **Management tools:** Campaign management tools will make tracking, reporting, and processing the campaign faster and more efficient. A campaign toolbox on the Internet brings stories, photos, publications, and

more resources to the fingertips of Campaign Managers at more than 160 major accounts in all three branches of the Federal government.

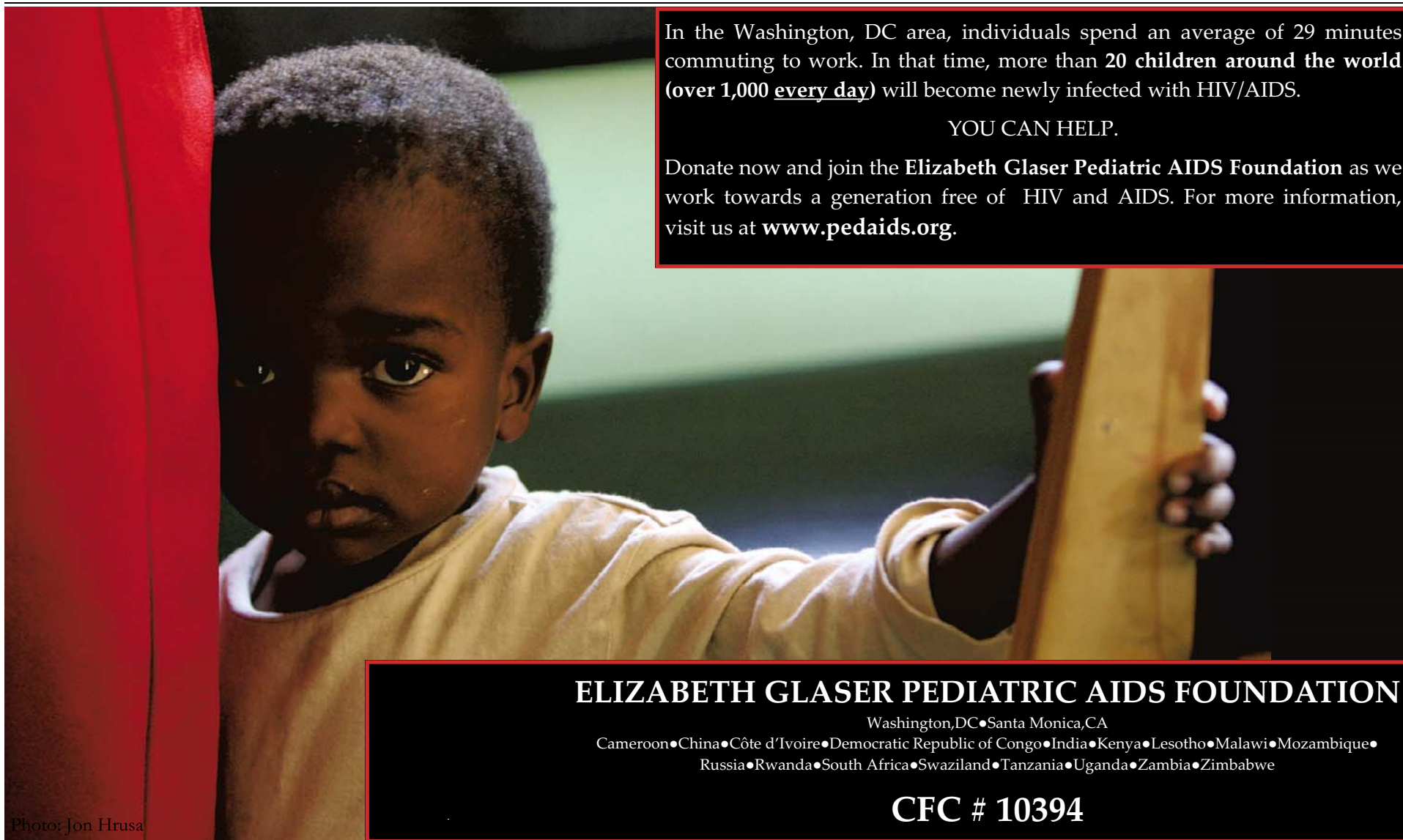
• **Theme:** This year's theme, "Be a Star in Someone's Life," with the added visual element of a new logo and new artwork, puts the focus of CFCNCA on two critical links: the contributor and the people and organizations that they want to help.

• **Recognition:** The awards program for individual and unit recognition has been updated and refreshed.

How do I give to CFCNCA?

The most common method of making a donation is by filling out the traditional paper Pledge Form and having the amount that you designate deducted from each paycheck. You may also use the Pledge Form to make a donation by check or cash. You can use the CFCNCA website to help in the pledge

Continued on page 23



In the Washington, DC area, individuals spend an average of 29 minutes commuting to work. In that time, more than **20 children around the world (over 1,000 every day)** will become newly infected with HIV/AIDS.

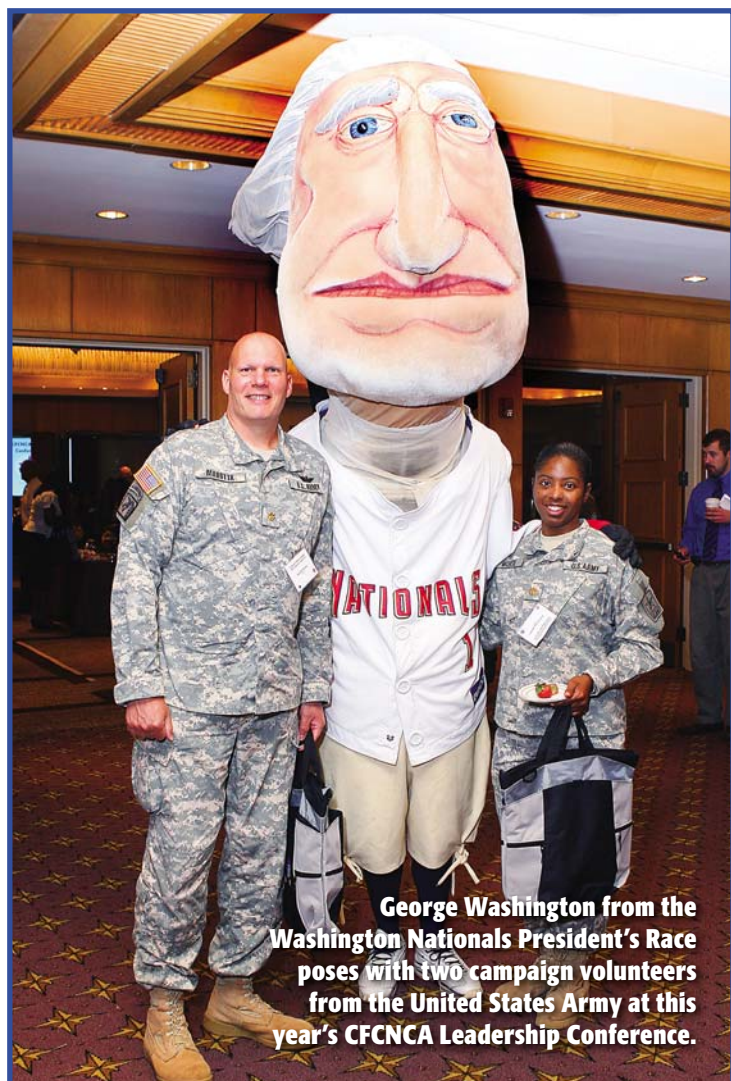
YOU CAN HELP.

Donate now and join the **Elizabeth Glaser Pediatric AIDS Foundation** as we work towards a generation free of HIV and AIDS. For more information, visit us at **www.pedaids.org**.

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 Russia • Rwanda • South Africa • Swaziland • Tanzania • Uganda • Zambia • Zimbabwe

CFC # 10394

Photo: Jon Hrusa



George Washington from the Washington Nationals President's Race poses with two campaign volunteers from the United States Army at this year's CFCNCA Leadership Conference.

Leadership Conference

Continued from page 20

involved this year, he enthusiastically described how easy it is to use MANAGE, the online campaign management system. He walked participants through the process of ordering supplies, scheduling charity events, making deposits, and tracking progress.

In her presentation on "Innovative Communications," DeAnn Malone, of the Internal Revenue Service, said it is key to consider what it would take to get someone to stop and think about the CFC, noting that we are all overloaded with demands on our daily lives.

During lunch, participants had a chance to meet with the Associate Directors overseeing their campaigns. Associate Directors are experienced CFC employees who provide guidance and support for campaign workers at several agencies.

Dr. David Hilfiker, physician and author, and founder of several non-profits opened the afternoon session. He quoted Hebrew Bible scholar Walter Brueggemann, saying "Something happens to a society when a sense of solidarity among persons yields to a kind of individuality, when a sense of belonging with each other is diminished and a sense of being apart from each other takes its place. Some belong and some don't."

Throughout the day, attendees heard about the added benefits of using one of the electronic giving options. In addition to cutting down on the amount of paper, both the Online Assistant and Employee Express options eliminate the problems of deciphering handwriting and incorrect math. The volunteers present heard about the many ways that electronic donations increase efficiency and speed the donations to the intended charities.

At the end of the day, participants left inspired and armed with the knowledge they need to run a successful campaign. ★

Frequently Asked Questions

Continued from page 22

process, and in departments or agencies that are part of the CFC-e™ program you can print your Pledge Form online. Employees who work at agencies participating in Employee Express can use the system to make a completely paperless payroll deduction pledge online. Choose the method that works best for you!

What is the CFC policy on coercion?

CFC giving is voluntary and we oppose coercion in any form. Our only objective is to assure that 100 percent of Federal employees in the Washington, D.C. area have the opportunity to make an informed choice to give. Only you can determine whether to give and how much you or your family can afford to donate to charity. If you feel you are being coerced into giving, you have the right to file a report using the channels outlined in the *2008 Catalog of Caring*. The CFCNCA does not condone coercion under any circumstances. If you experience it, please report it.

What is the payroll deduction option?

Payroll deduction makes it convenient for you to give by letting you spread your contribution across the entire year. Last year, more than 90 percent of all CFC funds raised were made through payroll deduction. Payments on payroll deduction pledges begin on the first pay period beginning in January and conclude with the last pay period beginning in December. There is no simpler way for you to make good things happen for many people than to contribute using payroll deduction.

Can I specify which organization will receive my contribution?

You may designate the organizations of your choice where indicated on your Pledge Form by entering the five-digit code and the amount you wish to pledge. Additional designations may be completed on a second Pledge Form. Except for documented expenses for the operation of the local CFCs and uncollected pledges, all contributions are distributed as designated. ★

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Our CFC #58899, our United Way #8222

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Which of America's Charities will you support in your workplace giving campaign?



100 Black Men of America
 American Campaign for Prevention of Child Abuse and Family Violence
 American Center for Law and Justice
 American Civil Liberties Union Foundation
 America's Second Harvest - The Nation's Food Bank Network
 Amnesty International of the USA
 Canine Partners For Life
 Catholics United for Life
 Christian Appalachian Project
 Consumers Union of United States, Inc.
 Diabetes Research and Wellness Foundation
 Dress for Success Worldwide
 Eagle Forum Education and Legal Defense Fund
 Feed The Children
 The Fund for Animals
 Goodwill Industries International, Inc.
 Human Rights Campaign Foundation
 The Humane Society of the United States
 LULAC National Educational Service Centers
 Meals On Wheels Association of America
 Mothers Against Drunk Driving
 NAACP Legal Defense and Educational Fund
 NAACP Special Contribution Fund
 National Law Enforcement Officers Memorial Fund
 National Trust for Historic Preservation in the United States
 Native American Rights Fund

Orphan Foundation of America
 PetSmart Charities
 Point Foundation, The National Gay and Lesbian Scholarship Fund
 Population Connection
 Puerto Rican Legal Defense and Education Fund
 The Rutherford Institute
 Southern Poverty Law Center
 Veterans for America

Children1st



Cancer Research for Children (National Childhood Cancer Foundation)
 Child Aid: Children's Literacy and Hearing Projects
 The Children's Health Fund
 Children's HeartLink
 Children's Rights
 Coptic Orphans Support Association
 Father Flanagan's Boys' Home
 Give Kids The World
 The Hole In The Wall Gang Fund
 "I Have a Dream"® Foundation
 Junior Achievement
 Make-A-Wish Foundation® of America
 National Black Child Development Institute
 Prevent Child Abuse America
 Reading Is Fundamental, Inc. (RIF)
 Ronald McDonald House Charities®
 Share Our Strength
 Starlight Starbright Children's Foundation
 Teach For America
 Tiger Woods Foundation, Inc.

Health1st



AIDS & Infectious Disease Science Center
 AIDS Alliance for Children, Youth & Families
 Alzheimer's and Aging Research Center
 American Foundation for the Blind
 The Arc of the United States
 Arthritis & Chronic Pain Research Institute
 Black Women's Health Imperative
 Breast Cancer Coalition
 Christopher and Dana Reeve Foundation
 Diabetes Research Institute Foundation, Inc.
 Dystrophic Epidermolysis Bullosa Research Association of America
 Hospice America (American Hospice Foundation)
 International Planned Parenthood Federation, Western Hemisphere Region
 Lance Armstrong Foundation
 The Marrow Foundation
 Multiple Sclerosis Association of America
 NARAL Pro-Choice America Foundation
 National Association of the Deaf
 National Down Syndrome Society
 National Marfan Foundation
 National Organization for Rare Disorders (NORD)
 National Psoriasis Foundation
 Ovarian Cancer Research Fund
 Prevent Cancer Foundation
 Tuberous Sclerosis Alliance



www.charities.org • 800-458-9505



OPM Deputy Director Howard Weitzman presents the Innovator Award to 2007 LFCC Chair Vince Micone. Mr. Micone accepted the award along with CFCNCA marketing staff leaders Janet Cave and Jeff Brown.

CFCNCA Receives Fifth Innovator Award

Each year the Office of Personnel Management (OPM) recognizes campaigns and volunteers who have made extraordinary contributions to the Combined Federal Campaign (CFC) through their dedication and creativity.

For the fifth straight year, OPM has honored the Combined Federal Campaign of the National Capital Area (CFCNCA) with the CFC Innovators Award. CFCNCA received the award for its innovations in marketing, especially its locally produced 2007 campaign video. The video was at the heart of the marketing materials distributed to all department and agencies in the Washington, D.C. area. It was shown at kickoff events and other celebrations and was also available online at the CFCNCA website (www.cfcncnca.org).

In keeping with the 2007 baseball theme, the video borrowed loosely from the plot of *Field of Dreams*. In the original story, the star hears a mysterious voice telling him that wonderful things will happen if he builds a baseball field. The CFCNCA video, *Campaign of Dreams*, depicts a day in the life of a young Federal worker who learns from a mysterious voice the importance of the campaign and all the good it does for the National Capital Area and beyond. Its message was the people

CFCNCA received the CFC Innovators Award for its innovations in marketing, especially its locally produced 2007 campaign video *Campaign of Dreams*.

who really need help need donors to step forward and "Be a Star in Someone's Life."

From the cover of the *Catalog of Caring*, to posters, table tent cards, and the campaign's website, CFCNCA developed a core group of materials which supported this theme in a number of ways.

The success of the effort was seen in the campaign results, which reached an all-time high of nearly \$60.8 million.

"We are very pleased to accept this award for the fifth year," said Renée Acosta, president and CEO of Global Impact, the administrator for the 2008 campaign. "The needs are so great, and it is very gratifying to see our efforts recognized." ★



United College Ministries
In Northern Virginia

Serving students on the campuses of George Mason University and NVCC

- Sharing God's universal love as revealed in Jesus Christ
- Supporting students through campus chaplains
- Guiding students in fellowships and on mission trips



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Our Sponsors Include: Christian Church (Disciples of Christ), Episcopal/Anglican Church, Presbyterian Church (USA), United Church of Christ, and the United Methodist Church

Please help us support these students through a payroll deduction pledge to UCMNV. Thanks!



Please select UCMNV's CFC Code:
73218

**Protect...
America's
Children**

94¢ of every dollar you give to CWLA means a brighter future for abused and neglected children.



CFC#11125

CWLA
CHILD WELFARE LEAGUE OF AMERICA
www.cwla.org



What Your Contribution Can Do

Each contribution has tremendous healing power. The following are examples of common payroll pledge amounts per biweekly pay period that show how so little can do so much for so many.

NATIONAL

\$100 PER PAY PERIOD

- Helps to keep two HIV-positive youths connected to medical care.
- Allows a hospitalized soldier's family to stay in housing near the treatment center for eight months.

\$50 PER PAY PERIOD

- Buys 75 pounds of pet food for animals in local shelters.
- Feeds 1,200 homeless men, women, and children with a nutritious breakfast.

\$25 PER PAY PERIOD

- Provides 10 hours of speech therapy for children with autism, or 25 hours of training for their parents and teachers.
- Provides three breast cancer survivors with support from trained survivors.

\$15 PER PAY PERIOD

- Donates a month of bus tokens or Metro passes for eight men and women in transitional housing.
- Provides shelter and meals for three senior citizens who are abused, neglected, or exploited.

\$10 PER PAY PERIOD

- Prevents the eviction of one local family from their home and helps to pay their utility bills.
- Allows a law clerk to spend 16 hours of work on clients who cannot afford lawyers.

INTERNATIONAL

\$100 PER PAY PERIOD

- Provides emergency survival kits with food, water, blankets, temporary shelter, and cooking utensils for 26 displaced families in China.
- Irrigates the land of 20 farmers for one year in Sub-Sahara Africa.

\$50 PER PAY PERIOD

- Buys seven complete classroom kits for children in Myanmar whose schools were destroyed.
- Stocks a farm in South America with a cow, a sheep, a goat, a pig, and enough chickens to lay more than a dozen eggs a day—enough to provide food and income to five families.

\$25 PER PAY PERIOD

- Teaches more than 25 Afghan girls who never went to school how

to read, write, and do basic arithmetic.

- Vaccinates 650 people in a refugee camp against meningitis, measles, polio, or other deadly diseases.

\$15 PER PAY PERIOD

- Secures a small loan for four rural women in Cambodia to start their own fish farms.
- Cures malnutrition in more than 20 children in Darfur.

\$10 PER PAY PERIOD

- Buys a fuel-efficient Eco-Stove, oven, and stovepipe for two families in Honduras.
- Provides 100 bed nets to protect sleeping children from insects that spread malaria, a leading cause of death among children in Africa.

Help us help you.

At the Partnership for Public Service we are working to revitalize our federal government by inspiring a new generation to serve and by transforming the way government works.

Your CFC contribution supports:

Service to America Medals — Honoring outstanding federal employees

Best Places to Work in the Federal Government — Ranking agencies based on employee engagement

Call to Serve — Helping federal agencies recruit top talent

Learn more at ourpublicservice.org.



PARTNERSHIP FOR PUBLIC SERVICE

CFC 12110

THE SIX P's OF PLANNING

PROVIDING

affordable quality care at 5 healthcare centers in DC, VA and MD

PROTECTING

reproductive health rights

PREVENTING

unintended pregnancies and the spread of HIV/AIDs

PRESCRIBING

emergency contraception and birth control

PROMOTING

education and prevention

PREPARING

teens through peer-led programs



Planned Parenthood[®]
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www.ppmw.org

**your support
helps thousands
plan a brighter future**

CFC# 94616 UNITED WAY# 8322



MANNA
CFC# 80363

**Making Dreams Come True
Since 1982**

Each year Manna helps over 100 families become first-time homebuyers in our nation's capital. In 2003 Manna created Manna Mortgage, the District's only non-profit mortgage company providing safe, secure loans for lower-income buyers. For more info on

Manna and our programs please visit www.mannadc.org

Support MANNA, Inc. (#80363)



Friends of Homeless Animals (FOHA), a non-profit no-kill facility located in Loudoun County, has been serving the Washington metro area since 1972.

Donate to FOHA thru CFC # 83554
To Adopt, Foster, Donate or Volunteer
Please see our website www.FOHA.org
or call (703) 385-0224



The homeless pets pictured here and hundreds of others need your help. FOHA provides shelter, food, medical care and compassion to homeless dogs and cats while we search for permanent loving homes. Your donations, in amounts small or large, are desperately needed to help FOHA save and care for the many dogs and cats that are without homes due to the economic downturn.



**Please
help
save
them!**

Please donate through CFC or send your tax deductible donations to:
FOHA, P.O. Box 2575, Merrifield, VA 22116-2575



Support FOHA by visiting our upscale resale shop –
The Treasure Hound,
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Your CFC pledge to
ASE supports a:

- Healthier Economy
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**Energy Saved is
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CFC#11783

www.ase.org

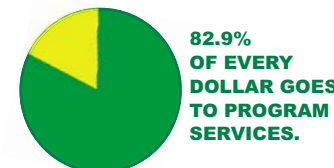


Your decision to support CCF during the Combined Federal Campaign will provide life-enhancing and life-saving services for children in our circle of care.

CHRISTIAN CHILDREN'S FUND

CCF PROVIDES INNOVATIVE PROGRAMS TO:

- Ensure proper early childhood development
- Prevent disease, including malaria and HIV/AIDS, and provide treatments
- Provide access to clean water and sanitation
- Improve family income through enterprise development and skills training
- Support and provide education as a way out of poverty
- Protect the rights of children, prevent child labor and child abuse, while respecting their cultural and ethnic diversities



CCF assists over 13.2 million children & families of all faiths and cultures, who are living in poverty in 31 countries around the world including the United States.

CAMPAIGN #11385

Christian Children's Fund

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You Don't Have to be President to Be a Star in Someone's Life!



THE COMBINED FEDERAL CAMPAIGN
OF THE NATIONAL CAPITAL AREA

**SUPPORT
CFC!**

Admiral Thad Allen
Commandant, U.S. Coast Guard
2008 CFC Honorary Chairman

WWW.CFCNCA.ORG

I'M A FEDERAL EMPLOYEE,
AND I APPROVE OF
THIS MESSAGE!

